Cooking WITH

THE CREW

FROM

CREWMEN • FAMILIES

OF

USS•OLYMPIA•SSN 717

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Dedication Page

This cookbook is dedicated to the crew and families of the USS Olympia for their support and understanding through the construction and sea trials and tribulations of the USS Olympia SSN 717.

We would also like to thank those people from the state of Washington for all their support.

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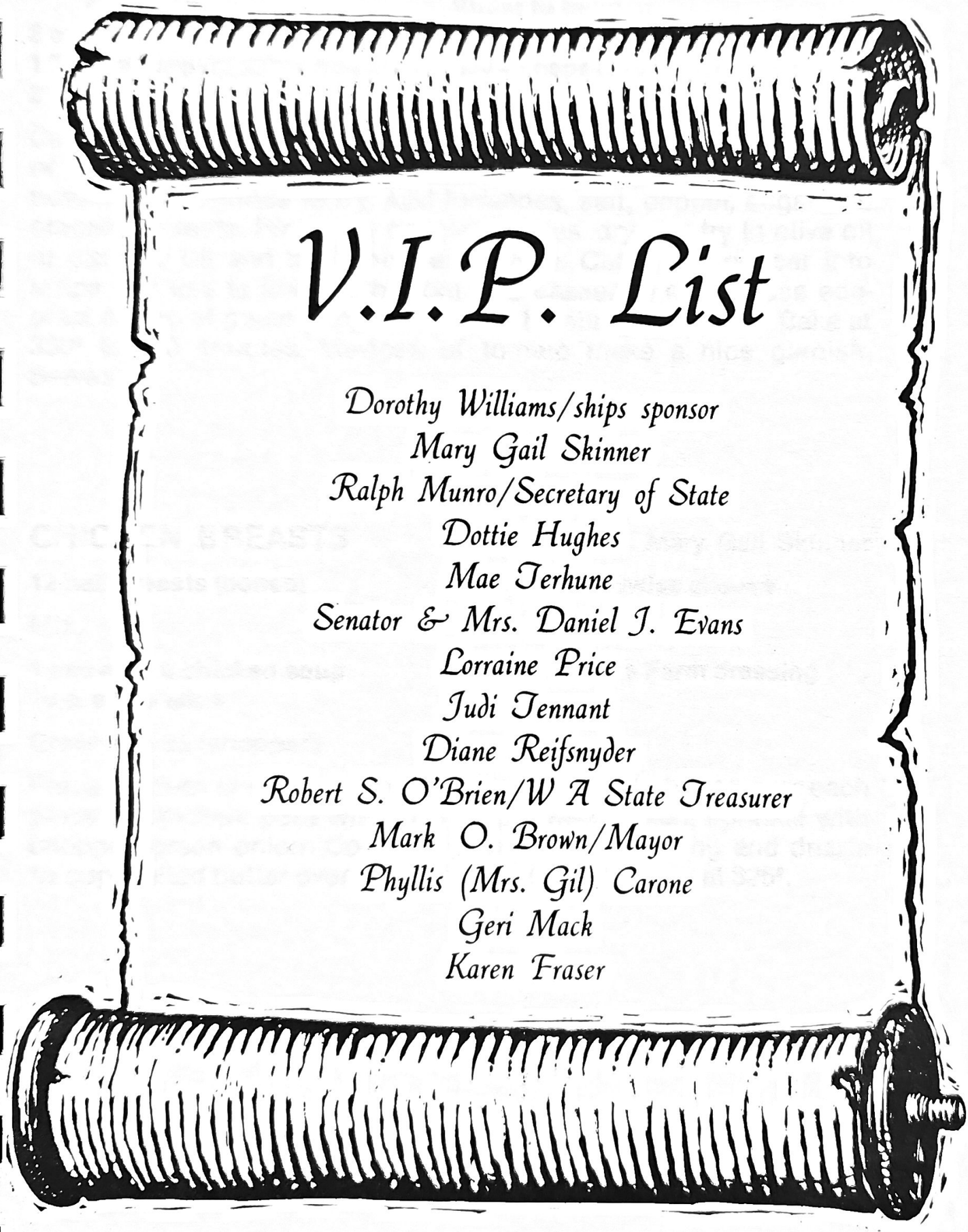

V.I.P. List

Dorothy Williams/ships sponsor
Mary Gail Skinner
Ralph Munro/Secretary of State
Dottie Hughes
Mae Terhune
Senator & Mrs. Daniel J. Evans
Lorraine Price
Judi Tennant
Diane Reifsnyder
Robert S. O'Brien/W A State Treasurer
Mark O. Brown/Mayor
Phyllis (Mrs. Gil) Carone
Geri Mack
Karen Fraser

VIP LIST

SULEYMAN'S MUSAKKA

Dorothy Williams
Ship's Sponsor!

4-6 Japanese eggplants or 1 lg. one
2 onions, chopped
1 lb. hamburger
2 tomatoes, cut in chunks
Salt & pepper
Sugar to taste
Oregano to taste
Green pepper
Olive oil

Cut strips of peel off the eggplant and cut them into 1-inch slices or wedges. Salt and set aside. Fry chopped onions, then hamburger and continue to fry. Add tomatoes, salt, pepper, sugar and oregano to taste. Rinse the eggplant slices, dry and fry in olive oil or dip into oil and boil until very brown. Cut green pepper into strips and use to line the bottom of a casserole dish. Place eggplant on top of green peppers with the hamburger mixture. Bake at 350° for 30 minutes. Wedges of tomato make a nice garnish. Serves 4.

CHICKEN BREASTS

Mary Gail Skinner

12 half breasts (boned)

Mix.

1 can cream chicken soup
1/2 c. white wine

Green onions (chopped)

1 pkg. sliced Swiss cheese

2 c. Pepperidge Farm dressing

Place chicken in greased casserole; put slice of cheese over each piece of chicken; pour wine and soup over chicken; sprinkle with chopped green onion. Cover all with 2 cups dressing and drizzle 1/2 cup melted butter over top. Bake uncovered 1 hour at 325°.

SCOTTISH SAUSAGE

Ralph Munro, Secretary of State

Pastry:

4 c. all-purpose flour
3 sticks plus 2 T. butter
1½ tsp. salt
1 beaten egg
Ice water

Filling:

1½ lb. hamburger
1 lb. sausage meat
1 lg. onion, finely chopped

Chop butter into flour, add small amounts of ice water until a stiff dough is formed. Roll dough out on floured board until it's ½ inch thick. Fold dough in thirds and roll again in the other direction. Repeat this procedure several times. Roll dough out again, this time rolling until dough is very thin. Cut into 4 x 4-inch rectangles and place a spoonful of filling in center. Fold over and seal with water. Brush with beaten egg and bake at 450° for 10 minutes; reduce heat to 375° and bake 20 minutes or until golden brown.

9-LAYER SALAD

Dottie Hughes

Chopped lettuce
Chopped onion
Chopped celery
Chopped peppers
Pkg. of frozen peas, thawed but not cooked
Bottle of Miracle Whip salad dressing
2 T. sugar
Sprinkle with Parmesan cheese
Sprinkle with bacon

This salad is better made the night before so flavors blend. Adjust your own proportions according to bowl size. Layer in the above order.

SPAGHETTI SALAD

Mae Terhune

1 lb. spaghetti or thin spaghetti
1 pt. bottle Wishbone Italian dressing
1 bottle Johnny's salad elegance or salad seasoning
2 chopped tomatoes
2 chopped cukes
2 chopped green peppers
1 chopped white onion

Boil 1 pound spaghetti, drain well. Pour Wishbone dressing over spaghetti. Mix well. Add all the ingredients. Use salad for pot-lucks and large groups. Keeps well and is safe to serve. Flavors blend by standing.

VEGETABLE MARINADE

Senator and Mrs. Daniel J. Evans

4 stalks fresh broccoli
8 lg. fresh mushrooms, sliced
1 med. size green pepper, chopped
3 ribs celery, chopped
1 sm. cauliflower, broken
1 c. sugar
1 tsp. salt
1/2 c. vinegar
1 1/2 c. vegetable oil
1 sm. onion, grated
2 T. poppy seed

Remove flowerettes from broccoli and cut in bite-sized pieces. Combine with all vegetables and toss lightly. Combine remaining ingredients and mix well. Yield is 8-10.

INCA PUNCH

Lorraine Price

1 - 1/5 of Tequila
1 - 1/5 of Triple Sec plus 1/2 of another 1/5 of Triple Sec
1 gal. of white wine
2 qts. of 7-Up
1 6-oz. can limeade (concentrated)
1 6-oz. can lemonade (concentrated)
6 oz. fresh squeezed lemon juice
6 oz. fresh squeezed lime juice

Mix all ingredients except wine and 7-Up until ready to serve. Garnish with orange and lemon slices. Have wine and 7-Up cold. Add ice. Serves 25-30.

OLYMPIA OYSTER POTATO SURPRISE

Judi Tennant

1 pt. hot seasoned mashed potatoes
1 tsp. minced onion
1 beaten egg
18 oysters, well drained

Blend potatoes, beaten egg and minced onion into flat cakes. Make a pocket in potato cake and insert 3 drained oysters. Replace potato covering. Place cakes on well-greased glass baking pan and bake in a moderate oven until brown. Serve with tomato or chili sauce thinned with olive oil.

RICE WITH A BITE

Diane Reifsnyder

3 c. water
1 c. long grained rice
1/2 c. butter or margarine
1/2 c. drained, chopped canned green chilies
1 c. sour cream
Mix with 3 T. chopped onions, 1 hour before cooking
1/2 tsp. salt
1/4 tsp. white pepper

Boil water, add rice, cover pan. Reduce heat and steam until tender. Add butter and replace cover. Allow butter to melt. Add remaining ingredients and stir until completely mixed. Serve immediately.

CROWN ROAST OF LAMB

Robert S. O'Brien
WA State Treasurer

1 18-rib crown roast of lamb
1 T. chopped fresh tarragon
3 T. unsalted butter, softened
3 T. olive oil
Watercress or parsley sprigs for garnish
1/2 c. dry bread crumbs
2 lg. cloves garlic, minced**
Salt & fresh ground pepper
1 T. Dijon style mustard

Heat oven to 450°. Serves 8 or 9. Combine bread crumbs, butter, tarragon and garlic in small bowl. Sprinkle roast on all surfaces with salt and pepper, then brush with olive oil. Cover exposed ribs with foil. Place on rack in roasting pan. Roast 10 minutes. Reduce heat to 350°. Brush mustard on outside of roast - then brush with bread crumb mixture. Roast until internal temperature of eye muscle registers 135° (rare) about 40 minutes. Let stand 10 minutes before carving. Place roast on serving platter, garnish with watercress of parsley sprigs. Serve with mint jelly or garlic jam. (Garlic jam recipe follows.) *Ask your butcher to prepare and tie the roast for you. **If serving with garlic jam, omit garlic in recipe.

CHICKEN DIVAN

Lacey Mayor
Mark Brown

1 whole chicken, cooked & meat removed
2 pkg. frozen broccoli spears, cooked
1 c. mayonnaise
2 cans cream of chicken soup
2 T. lemon juice
2 tsp. curry powder
1/4-1/2 c. sherry (opt.)
Parmesan cheese
Bread crumbs

Make sauce of mayonnaise, soup, lemon juice, curry and sherry. Add a little sauce to bottom saucepan to prevent sticking; add cooked chicken then cover with broccoli. Pour rest of sauce over top, cover all chicken and broccoli. Sprinkle Parmesan cheese and bread crumbs over top and bake at 350° covered for 20-30 minutes.

SCRAMBLED DUTCHES (Pancakes)

Phyllis (Mrs. Gil) Carbone

4 beaten eggs
1 1/2 c. milk
1 1/2 c. flour
1/4 tsp. baking powder
1/2 tsp. salt

Blend milk into the beaten eggs. Blend sifted dry ingredients into egg/milk mixture. Pour batter into hot skillet in which approximately 1/2 pound butter has been melted. Stir with pancake turner as you would scramble eggs. Cook to desired brownness. Serve with hot syrup in bowls or deep plates. Nice for a quick, casual family breakfast.

CRAB BITES

Geri Mack

1 can crab meat
1 jar Old English cheese (Kraft)
1 T. Miracle Whip
1/4 tsp. Season All
1 pkg. English muffin (cut in 1/4)

Mix first 4 ingredients. Spread mixture on each muffin quarter. Freeze until firm. Broil until bubbly and light golden brown. Serve hot. Makes 24.

ARGENTINIAN STEW IN PUMPKIN SHELL

Karen Fraser

2 lbs. stewing beef, cut into 1 1/2-inch cubes
1 lg. onion, chopped
2 garlic cloves, minced
3 T. oil
2 lg. tomatoes, chopped
1 lg. green pepper, chopped
1 T. salt
1/2 tsp. pepper
1 tsp. sugar
4 white potatoes, peeled & diced
2 sweet potatoes, peeled & diced
2 c. beef broth
1 med. pumpkin
1/4 c. dry sherry
1 can whole-kernel corn, drained (16 ounces)
1 1/2 c. zucchini slices, 1/4 inch thick
3 ears fresh corn, cut into 1-inch rounds
8 peach halves, fresh or canned

8 servings - 350° oven. Brown meat, onion, and garlic in oil. Add tomatoes, green pepper, salt, pepper, sugar, potatoes (white and sweet), and broth. Cover and simmer 1 hour. This can be done ahead and reheated later. Meanwhile, cut off pumpkin top and discard. Scoop out seeds and stringy membrane. Seeds can be saved and toasted for snacks. Brush inside of pumpkin with melted butter, sprinkle lightly with salt and pepper, and stuff with meat mixture. Bake in shallow pan 1 hour at 350° until pumpkin is tender but still firm. Stir sherry, canned corn, and zucchini into stew and bake 15 minutes. Meanwhile, drop corn rounds into boiling salted water and cook 5 minutes. Remove from water immediately. Ladle out stew, scooping up spoonfuls of pumpkin with each serving and garnishing with corn rounds and peach halves.

Recipe Favorites

APPETIZERS & BEVERAGES

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CHEESE BALL

Pamela A. Hall

12 oz. softened cream cheese
2 1/2 c. shredded sharp cheddar cheese
1/4 c. French dressing
Chopped nuts, pecans or walnuts

Blend together well, shape into ball or log shape. Roll in chopped nuts and garnish with a cherry. Chill until firm. For variety bleu cheese may be added.

TEX MEX DIP

Diana Beckwith

2 10 1/2-oz. cans jalapeno-flavored bean dip
3 med. avocados (soft)
3 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
1 c. sour cream
1/2 c. mayonnaise
1 pkg. taco seasoning mix
1/2 onion
2 cans pitted olives
3 med. tomatoes
8 oz. cheddar cheese (shredded)
Tortilla chips

Mash avocados, lemon juice, salt and pepper together. Combine sour cream, mayonnaise and taco mix. Chop onion, olives and tomatoes. Spread bean dip on platter. Top with sour cream, mayonnaise and taco mixture. Sprinkle onions, olives, and tomatoes on top. Cover with shredded cheddar cheese. Chill. To serve place chips along sides of dish.

BRANDIED CRANBERRIES

Pat Leta

1 lb. fresh cranberries
1/2-3/4 c. brandy
2 c. sugar

In large shallow pan, place one layer of washed cranberries. Sprinkle sugar over top and cover tightly with aluminum foil and crimp edges. Bake 1 hour at 350°. Remove from oven, add brandy to cranberries immediately and transfer to gift containers. Cover tightly. Serve with turkey, chicken, or over ice cream. Will keep in refrigerator indefinitely.

PARTY MIX

Shauna Hamilton

1/4 c. melted butter
1/2 tsp. Worcestershire
1/4 tsp. celery salt
1/4 tsp. garlic salt
1 1/2 c. Kix
1 c. Cheerios
2 c. pretzel sticks
1 1/2 c. mixed nuts
1 c. Chex

Preheat oven to 250°. Blend butter and seasonings, pour over remaining ingredients in oblong pan, 13 x 9 1/2 x 2-inch. Stir. Bake 1 hour, stirring carefully with wood spoon every 15 minutes.

WINE-CHEESE BALL

Jodi Quattro

12 oz. cream cheese, softened
6 oz. port wine cheese spread
6 oz. cheddar cheese spread
2 T. grated onions
1 tsp. Worcestershire sauce
1 c. ground pecans
1/2 c. finely chopped parsley

Combine cheeses, onion, and Worcestershire and beat until well blended. Stir in 1/2 cup pecans and 1/4 cup parsley. Shape into a ball. Wrap in waxed paper, then in foil. Refrigerate overnight. About 1 hour before serving, roll cheese ball in remaining pecans and parsley. Serve with crackers. Makes 30 appetizer servings.

MINT JULEP

Deanna Willey

2 c. fresh mint leaves, well crushed
2 c. water
1 c. sugar
Crushed ice
Bourbon
Mint sprigs for garnish

Put the mint leaves in a small saucepan with the water and bring to a boil. Stir in the sugar and continue to boil until thick syrup is formed. Remove from heat and cool to room temperature. Fill julep cups with ice. (Silver or pewter cups are preferred, as they keep the julep very cold. Cups can be placed in freezer to frost before using.) Pour one teaspoon of the mint syrup over the ice. Add bourbon to fill the cup. Garnish with a sprig of mint and serve immediately.

VODKA SLUSH

Jodi Quattro

1 6-oz. orange juice
2 6-oz. lemonade, thawed & undiluted
2 6-oz. limeade, thawed & undiluted
1 c. sugar
3 1/2 c. water
2 c. vodka
2 28-oz. bottles of lemon-lime soda, chilled

Combine first 6 ingredients and mix well. Freeze for 48 hours. Stir occasionally. Fill glass 3/4 full with mixture. Add lemon-lime soda. Makes 16 8-ounce servings.

HOT BUTTERED LEMONADE

Yolanda Rodriguez

9 c. water
1 3/4 c. sugar
1 T. shredded lemon peel
1 1/2 c. lemon juice
Butter or margarine

Combine water, sugar, lemon peel and lemon juice. Cook over low heat 4-6 hours. Serve in mugs, dot with butter. May use stick cinnamon for stirring.

KAHLUA

Pat Leta

4 c. sugar
3 c. water
1 long vanilla bean
1 c. hot water
2 oz. premium instant coffee
1 qt. good vodka

Cook sugar, 3 cups water and vanilla bean over high heat until it comes to a boil. Turn heat to low and cook for 30-40 minutes - stir often until mix thickens. Mix together 1 cup of hot water with coffee until coffee dissolves. Add **cooled** sugar mixture and blend. Pour into glass container (empty green wine bottles are good) and add vodka. Makes approximately 1/2 gallon.

PARTY PUNCH

Yolanda Rodriguez

1 qt. white wine
2 qts. champagne
1 qt. pineapple juice
8 oz. grapefruit juice
4 oz. lemon juice
2 qts. sweet or plain soda

Mix all ingredients adding champagne last. Top with any kind of fruit.

WON TONS

Nancy Barnum

1 lb hamburger
1 c. chopped green onion
1/2 tsp. MSG
1 egg yolk
1/2 tsp. garlic powder
2 pkgs. won ton wrappers

Mix all ingredients except wrappers. Place a small amount of meat mixture on each wrapper. Fold wrapper and seal edges with fingers. Fry in oil until well browned and meat inside is cooked. Serve with sweet and sour sauce or hot mustard mixed into soy sauce. Makes a great party snack. Won tons freeze quite well (before cooking).

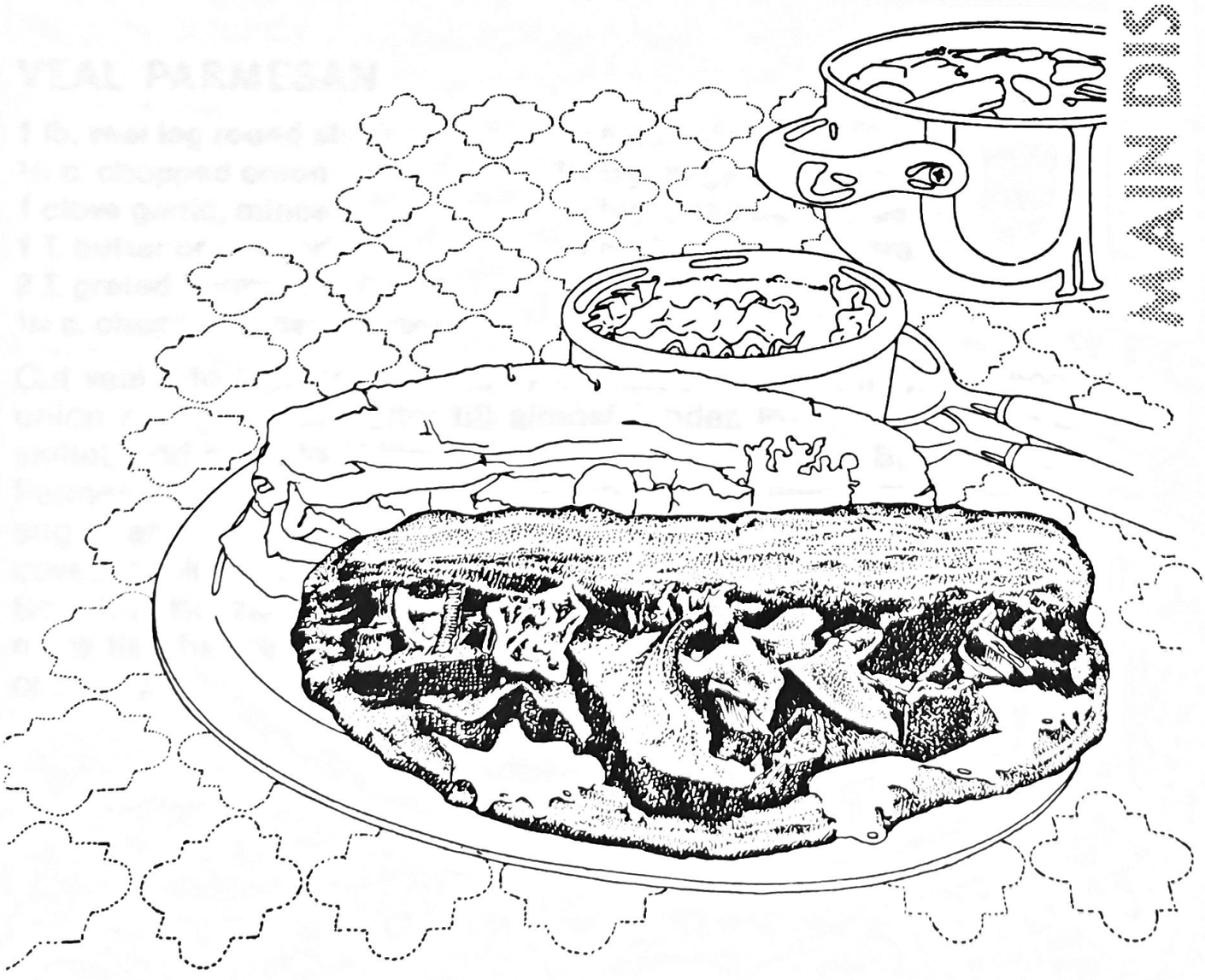
DROP NOODLES

Andrew Gretzula Sr.

3 eggs, beaten
1/4 c. water
1/2 tsp. baking powder
2 c. flour

Make a stiff dough using all 4 ingredients. Place on plate. Drop by slicing small amounts off and placing in boiling water with salt added. Boil about 8 minutes. Taste to test. Drain, rinse in cold water. Great added to any homemade soup!

MAIN DISHES & CASSEROLES



MAIN DISHES & CASSEROLES

MAIN DISHES & CASSEROLES

POTATO-CRUST QUICHE

Lyn Roberts

3 med. potatoes
1/4 c. butter
2 beaten eggs
1/4 tsp. salt
1 T. fine dry bread crumbs or toasted
Wheat germ
1/8 tsp. pepper
2 c. loose pack frozen mixed vegetables
1/2 c. shredded cheddar cheese
1 5 1/2-oz. can of evaporated milk
Carrot curls
Parsley sprigs

Preheat oven 375°. Cook potatoes, covered, in boiling salted water till tender. Drain; peel. Mash with potato masher; measure 1 1/3 cups. Stir in butter. Spoon into greased 9-inch pie plate. Spread over bottom and up sides of plate; build up sides with a spoon to form a crust. Arrange vegetables in bottom of potato crust; sprinkle with cheese. In a small bowl combine eggs, milk, salt, and pepper; pour over cheese. Sprinkle with bread crumbs or wheat germ. Bake in a 375° oven for 40-50 minutes. Garnish with carrot curls and parsley. Makes approximately 8 servings.

VEAL PARMESAN

Jodi Quattro

1 lb. veal leg round steak
1/2 c. chopped onion
1 clove garlic, minced
1 T. butter or margarine
2 T. grated Parmesan cheese
1/4 c. chopped green pepper
1/2 c. tomato sauce
1/4 tsp. sugar
1/4 tsp. dried basil, crushed
1/2 c. shredded mozzarella cheese

Cut veal into 4 pieces; pound to 1/4-inch thickness. In skillet cook onion and garlic in butter till almost tender. Push to one side of skillet; add meat to skillet and brown on both sides. Sprinkle with Parmesan cheese; add green pepper. Combine tomato sauce, sugar, and basil. Pour over meat, stirring in the onion mixture, cover, cook over low heat for 20-25 minutes till meat is tender. Sprinkle mozzarella cheese over meat. Cover. Cook 1-2 minutes more till cheese melts. Makes 4 servings. * Can also use chicken or turkey.

ROLLED CHICKEN TACOS

Yolanda Rodriguez

1 2-3½ lb. broiler-fryer
1½ c. chopped bell pepper
½ c. green onion
⅓ c. tomato sauce
12 corn tortillas
Salt and pepper to taste

Boil chicken adding 1 tablespoon salt to two quarts water for 45 minutes to 1 hour. Debone and dice. Saute in ¼ cup corn oil bell pepper and green onion until tender; add tomato sauce and chicken. Cover and set on low for 30 minutes. In separate skillet, heat 1 cup corn oil on high, dip each tortilla in oil for a second on each side. Drain on paper towel immediately. Take small amount of chicken and place in tortilla. Roll up tortilla and hold with a toothpick. Makes 4 servings of 3 tacos each. May top with cheese, lettuce and tomatoes or sour cream and hot sauce.

CHINESE BEEF AND GREEN BEANS

Ann E. Bolger

¾ lb. boneless lean sirloin steak
1½ lbs. fresh green beans
Vegetable cooking spray
1 lg. onion, chopped
2 cloves, minced
1½ c. beef broth
1½ T. cornstarch
3 T. water
1 T. soy sauce
2 c. hot cooked rice

Trim excess fat from steak. Slice across grain into 3 x ¼ inch strips. Set aside. Remove string from beans, wash and cut into 1-inch pieces. Set aside. Coat a skillet with cooking spray, place over medium high heat until hot. Add meat, onion, garlic, and stir-fry until meat is browned. Add beans and broth and cover. Reduce heat and simmer 8 minutes or until beans are crispy tender. Combine cornstarch, water, and soy sauce. Stir until blended. Stir into meat mixture. Cook and stir constantly until thickened. Serve over rice. Yields 4, 302 calories.

COQ AU VIN (Microwave Recipe)

Linda Daugherty

3 slices bacon, chopped
1 onion, sliced
1 stalk celery, sliced
1 garlic clove, minced
3 T. flour
1 tsp. salt
½ tsp. pepper
¾ c. red wine
¼ c. water
1 T. brandy (opt.)
2½-3 lb. boiler-fryer chicken (cut-up)
8 oz. fresh sliced mushrooms

Place bacon in 3 to 5-quart casserole dish. Microwave at High (100%) until crisp, 3 to 4 minutes. Stir in onion, celery, garlic, flour, salt, pepper, wine, water and brandy. Add chicken pieces and mushrooms. Cover. Microwave at High (100%) 5 minutes. Reduce to Medium-high (70%). Microwave until chicken next to bone is not pink and sauce is thickened, 24-25 minutes. Stir once or twice during cooking. Makes 4 servings.

CHOW MEIN CASSEROLE

Qmz Hoyer
for Lila Nielson

1 1/2 lb. hamburger, browned
2 med. onions
1 1/2 c. water
1/8 tsp. pepper
1 can cream of mushroom soup
1 can cream of chicken soup
1/2 c. or less rice (uncooked)
1 c. Chinese noodles

Combine ingredients in casserole dish. Bake covered for 1/2 hour at 350°, then 1/2 hour uncovered. Cover with 1 can of Chinese noodles the last 15 minutes.

ENCHILADAS

Qmz Hoyer
for Lila Nielson

1 pkg. flour tortillas
1 can enchilada sauce
1 can tomato soup
1 med. onion
1 lb. ground beef
3/4 lb. cheese

Brown meat; season and add a little chili powder. Add 1/2 of soup and 1/2 of sauce to meat. Into thawed tortillas, put 2 tablespoons meat mixture, some grated cheese and onion. Roll and lay flat down in casserole dish or dripper pan. Combine remaining soup and sauce and pour over enchiladas. Sprinkle with remaining cheese and onion. Bake 30 minutes at 350°.

CHICKEN AND WILD RICE CASSEROLE

Jodi Quattro

2 whole chicken breasts
1 pkg. wild rice
1 can cream of mushroom soup
1/2 c. carrots
1/2 c. celery
1/4 c. onion

Boil chicken, carrots, celery and onions until done. Prepare rice according to directions. Drain chicken; cool and cut into bite-sized pieces. Combine all ingredients with soup and mix well. Pour into ungreased casserole dish. Cook uncovered at 350° for 30-45 minutes. Serves 4.

SHEPHERD'S PIE

Jan Russell

1 1/2 lb. cold cooked meat
1 med. onion
1 med. carrot
1 oz. butter
1 T. butter
1 T. flour
3/4 c. water
1 chicken stock cube
1 T. tomato sauce
2 tsp. Worcestershire sauce
1 tsp. soy sauce
Salt & pepper
1 1/2 lbs. potatoes
2 oz. butter (extra)
1/4 c. milk
1 egg yolk

Peel potatoes, cook until tender, drain; mash well. Mince together meat, onion and carrot. Melt butter, stir in flour, stir over medium heat until brown. Remove from heat, gradually stir in water, add crumbled stock cube, sauces, salt and pepper. Bring to boil, stirring, remove from heat, stir in meat mixture. Spoon into greased casserole dish. Heat milk and extra butter, add mashed potato; beat until creamy, adding a little more milk if necessary. Season with salt and pepper. Spread over meat mixture, brush with beaten egg yolk. Bake at 350° for 30 minutes. Serves 4.

ENCHILADA CASSEROLE

Nancy Barnum

1 lb. hamburger
Enchilada sauce, 1 env. mix or 2 10-oz. cans
1/2 c. onions, chopped
1/2-3/4 c. sliced black olives
12 corn tortillas
10-12 oz. cheese (cheddar, longhorn, Monterey Jack or mixture of these)

Brown hamburger and drain, add onions, black olives and 1/2 cup sauce. Simmer a few minutes. Soften tortilla by heating in hot oil just a few seconds on each side or soften in microwave by placing them in a towel and cook 30 seconds. In a 9 x 13-inch dish, cover bottom of dish with 1/2 cup sauce. Layer 4 tortillas (cut in halves to cover bottom), 1/2 meat mixture, 1/3 cheese. Remaining tortillas should be dipped in sauce before layering. Repeat layers with 4 tortillas, remaining meat, 1/3 cheese, 4 tortillas. Pour remaining sauce over casserole, and remaining cheese. Bake in oven at 350° for 20-25 minutes or until bubbly. If using microwave cover with waxed paper and cook on high for 10 minutes. Time may vary with oven.

MEXICAN RICE

Nancy Barnum

3 T. oil
2 c. raw long-grained white rice
1 c. chopped onion
1 clove garlic, crushed
2 cans (10½-oz.) condensed chicken broth
2 c. water
1 can (8-oz.) tomato sauce
½ tsp. salt
⅛ tsp. pepper
Parsley sprigs

Preheat oven to 350°. Heat 2 tablespoons oil in large skillet. Add rice and cook over medium heat, stirring frequently, until golden brown. Turn into a 2½-quart casserole. In remaining oil in same skillet, saute onion and garlic until tender, about 5 minutes. Stir in chicken broth, water, tomato sauce, salt, and pepper; bring to a boil. Stir into rice. Bake covered 40-45 minutes or until tender. Garnish with parsley sprigs, if desired. Makes 6 to 8 servings.

CHICKEN CASSEROLE

Alina Logan

Mix together:

8 oz. sour cream
1 can cream of chicken soup
1 can cream of celery soup

8 oz. Pepperidge Farm stuffing (herb)
Cook & debone 4 chicken breasts, reserving 2 cups of broth

Melt 1 stick of margarine in casserole dish. Layer dry stuffing, chicken, soup mixture. Repeat and top with stuffing. Pour broth over top, then cook uncovered 45 minutes at 350°.

CHICKEN STRATTA

Eva Andress

6 slices bread (cubed)
2 c. cooked chicken (diced)
1 T. Lawry's salt
½ c. sliced onion
½ c. sliced green pepper
½ c. sliced celery
½ c. mayonnaise
1½ c. milk
2 eggs
1 can cream of mushroom soup
5 or 6 oz. sharp cheddar cheese

Put bread in bottom of casserole, layer chicken, salt, onion, green pepper and celery. Mix milk and egg together. Pour over mixture. Spread mayonnaise over entire mixture. Spread cream of mushroom soup over mixture. Bake at 350°, 1 hour 15 minutes. About the last 10 minutes sprinkle cheese on top. Bake until melted. Can be prepared the night before, but leave the mushroom soup off until ready to bake. Serves 10.

LASAGNE

Salli Carusa

2 cans (6-oz.) tomato paste
2 cans water
4 T. olive oil
2 T. spaghetti sauce
1/2 c. dry red wine
1/2 lb. lasagne
2 qts. boiling water (salted)
1/2 lb. Italian sausage salami or ground beef
1 lb. ricotta or cottage cheese
4 to 6 oz. mozzarella
1/2 c. grated Parmesan or Romano cheese

Combine tomato paste, water, olive oil, spaghetti sauce, seasoning and wine. Simmer 20 minutes. Cook lasagne in boiling water for 20 minutes or until barely tender. Drain and rinse in cold water. Skin sausage and slice thin. Fry sausage or ground beef until brown. Arrange layer of lasagne in a 7 x 11-inch baking dish. Spoon on 4 or 5 spoonfuls of ricotta cheese and 1/3 of the meat. Cover with sauce and thin slices of mozzarella cheese, using about 1/4 of each. Repeat layers. Sprinkle with grated Parmesan cheese. Bake at 350° for 20 minutes or until bubbling hot.

SALMON MORNAY

Jan Russell

2 oz. butter
4 T. flour
Salt & pepper
1/4 tsp. dry mustard
Pinch cayenne
2 1/2 c. milk
3 gherkins
2 hard-boiled eggs
7 oz. can salmon
1 chicken stock cube
4 shallots

Melt butter, add flour, salt, pepper, mustard and cayenne; cook stirring 1 minute. Gradually add milk, stir until sauce boils and thickens, cook 1 minute. Remove from heat, add finely sliced gherkins, roughly chopped eggs, drained and flaked salmon, crumbled stock cube and chopped shallots. Spoon into greased oven-proof dish, sprinkle topping over top, bake at 350°, 20 to 25 minutes until heated through and browned.

Topping for Salmon Mornay:

1 c. fresh bread crumbs
2 T. butter (melted)
1 oz. grated cheese
1 T. chopped parsley

Combine bread crumbs, melted butter, grated cheese and parsley. Sprinkle on top of Salmon Mornay.

GREEN RICE CASSEROLE

Yolanda Rodriguez

2 c. cooked rice
2 eggs
1/4 c. salad oil
1 c. chunks Velveeta cheese
1 c. milk
1 sm. onion, chopped
1 10-oz. pkg. chopped broccoli

Mix all together in 2 1/2-quart casserole and bake for 1 1/2 hours. Covered at 350° for one hour and uncovered at 325° for one hour.

BROCCOLI CASSEROLE

Adell A. Woodson

2 (10-oz.) pkg. broccoli, frozen
1 c. milk
1/2 c. lg. pieces onion
Salt & pepper
4 T. margarine
1 (3-oz.) pkg. cream cheese
2 T. flour
1 c. bread crumbs (soft)
1/4 c. grated cheese
2 eggs, separated

Cook broccoli according to directions, cook onions with broccoli (drain). In a saucepan melt 2 tablespoons margarine, blend in flour, salt, and pepper. Add milk all at once, cook and stir until thick. Add cream cheese and blend. Add 2 egg yolks and stir. Stir in broccoli and bread, crumbs fold in 2 beaten egg whites. Sprinkle with cheese. Bake at 350° for 35 minutes.

CHICKEN CASSEROLE

Barbara Andress

2 lbs. chicken breast
1 (6-oz.) Uncle Ben's long grain and wild rice
1 1/2 onions, chopped
1 stick margarine
1 1/2 T. flour
1 1/2 cans cream of mushroom soup
1 c. milk
1 can sliced mushrooms (8-oz.)
3/4 lb. sharp cheese, grated
Salt & pepper to taste

Cook chicken and cut into small pieces. Cook rice as directed. Saute onions in margarine, blend in flour. Add soup and milk to sauce. Add to mushrooms and seasoning. In a large buttered casserole dish alternate layers of sauce, rice, chicken, and cheese. Bake at 350° until bubbly, approximately 45 minutes.

HAM ASPARAGUS SWIRLS

Beverly Otto

2 piece pkt. of ham steak
1 can asparagus spears
1 c. grated cheddar cheese
1 can crescent rolls

Sauce:

1 can cream of mushroom soup
1/2 c. milk
1 1/2 c. grated cheddar cheese

Preheat oven to 350°. Chop the ham into bite-size pieces. Drain the asparagus. Fold out a crescent roll. Place some ham, a couple of asparagus spears, and some cheese on a large part of the crescent roll. Roll up the crescent roll. Place in greased pan. Heat the soup, milk, and cheese over low heat until the cheese has melted. Pour the soup mixture over the rolls. Bake for 30-40 minutes or until golden brown on top. Spoon the extra sauce over the rolls before serving. Serves 4-6 people.

CHILE CON CARNE

Chris Earls

1 lb. ground beef
2 diced onions
1 diced green pepper
1 clove garlic, chopped
1 qt. tomatoes
3 cans kidney beans
1 tsp. salt
1 T. chili powder
1/2 c. tomato catsup
1 c. tomato sauce

Brown 1 pound meat. Add: onions, green pepper, and garlic; cook until tender. Add to the above: tomatoes, kidney beans, salt, chili powder, tomato catsup, tomato sauce. Cook slowly over for 1 1/2 hours. Serve with crackers or toasted "Roman meal" bread. This can also be served over rice. Yield: 12 servings.

LASAGNA ROLL-UPS

Sharon Dewalt

12 lasagna noodles
1 ctn. (15 oz.) ricotta cheese
1/2 c. grated Parmesan cheese
2 eggs
3/4 tsp. salt
1 lb. ground beef
1 jar of spaghetti sauce (32-oz.)
1/2 lb. mozzarella cheese (shredded)

Preheat oven 375°. Cook lasagna noodles in boiling salted water until almost tender (about 10 minutes). Meanwhile combine ricotta, Parmesan, eggs and salt in a medium bowl; set aside. In a large skillet, crumble the beef, brown over medium heat, drain off fat; set aside. Drain lasagna noodles, rinse. Lay out noodles on a flat surface. Spread evenly with ricotta mixture. Sprinkle with cooked ground beef. Carefully roll up from the short side. Place seam down in an 11 x 7 x 2-inch baking pan. Pour spaghetti sauce evenly over the rolls. Cover with mozzarella cheese. Bake uncovered, until hot and cheese melts about 20 minutes. Yield: 6 portions, 12 rolls.

PORK CHOP POT ROAST

Joanne Schade Boyce

4-6 pork chops
Flour
Salt
Pepper
Garlic powder
Paprika
Potatoes
Carrots
Onions
1/2 c. sherry
1/4 c. water

Trim fat from chops and render in fry pan. Dredge chops with flour, salt, pepper, garlic powder and paprika. Brown chops. Add potatoes, carrots, onions and brown. Add sherry and water. Cook at 200° for 1 hour or until tender. (*Keep adding water as needed.)

CHICKEN ADOBO

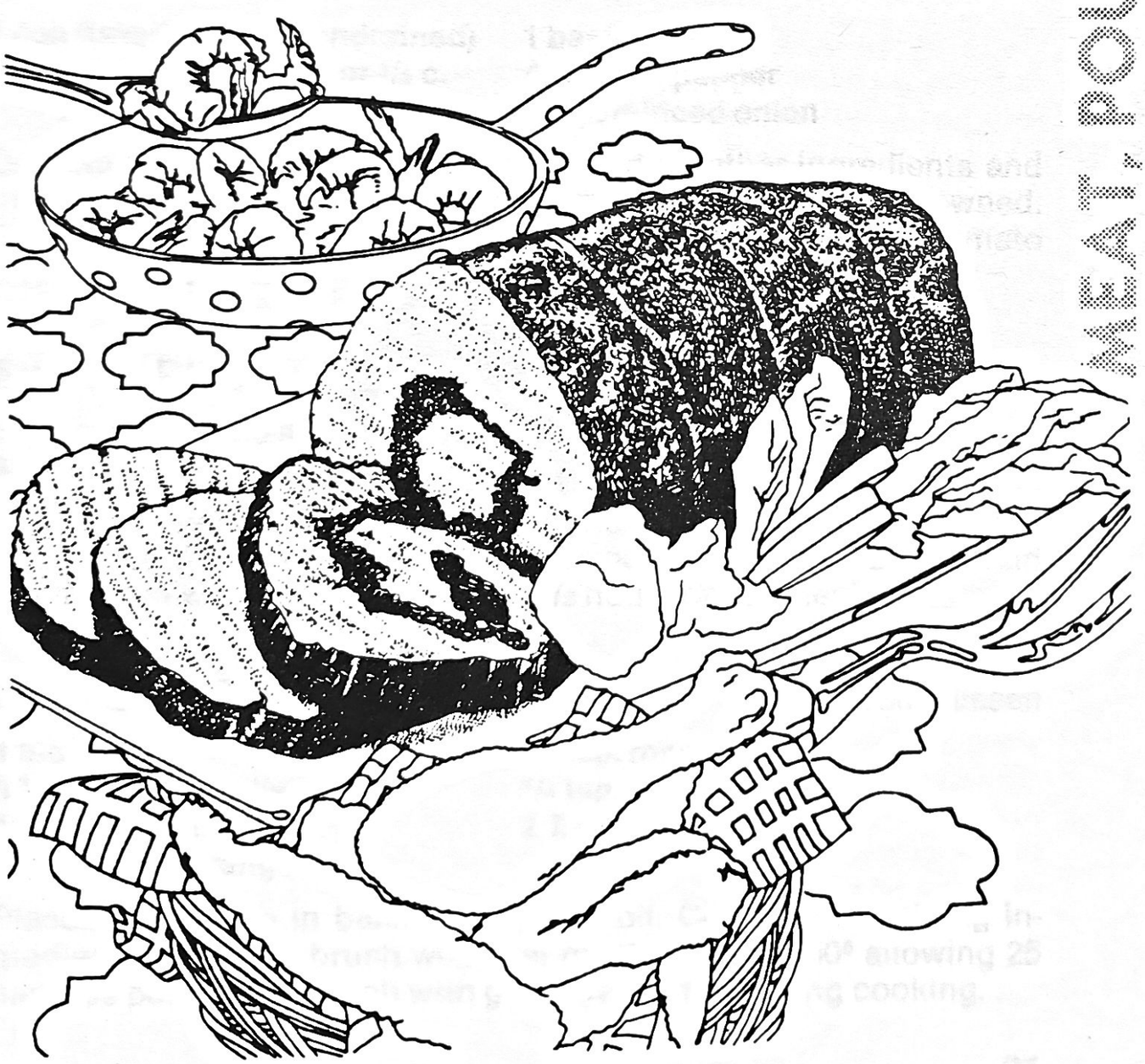
Joanne Schade Boyce

1/4 tsp. salt
1/4 tsp. pepper
1/2 lg. onion, wedged
1 bay leaf
1 T. sugar
2 T. flour
2 garlic cloves
1 tsp. vinegar
4 T. soy sauce
1/2 c. water
1 pkg. cut-up chicken

Put all ingredients together in Dutch oven. Boil 5 minutes then simmer two hours. To make gravy remove chicken and add flour to sauce.

Recipe Favorites

MEAT, POULTRY & SEAFOOD



MEAT, POULTRY & SEAFOOD

MEAT, POULTRY & SEAFOOD

LEMON-TARRAGON CHICKEN

Pamela A. Hall

1 3-3½ lb. chicken, cut up
1 lg. lemon, peeled & sliced (white membrane removed)
2 T. tarragon
6 T. melted butter
4 garlic cloves, minced

Preheat oven to 350°. Slip slices of lemon under skin. Sprinkle tarragon over lemon. Place on pan. Baste chicken with melted butter and garlic salt and pepper. Bake for 50 minutes. Basting at intervals.

MARYLAND-STYLE CRAB CAKES

Jodi Quattro

1 T. mayonnaise
1 tsp. mustard
½ tsp. salt
¼ tsp. red pepper
1 T. Worcestershire sauce
1½ T. lemon juice
1 egg
1 T. melted butter

Mix together all ingredients and pour over crabs.

SALMON PATTIES

Sharon Dewalt

1 can flaked salmon (undrained)
1 c. soft bread crumbs or ½ c. finely crushed crackers
1 beaten egg
A dash of pepper
1 tsp. minced onion

Combine salmon and salmon liquid, add all other ingredients and mix thoroughly. Pan fry in butter or bacon fat until nicely browned. Serve at once. Good also served on hamburger bun with tomato and bacon. Serves 4.

SWEET RIBS

Sharon Dewalt

1 c. grape or apple jelly
6 oz. barbecue sauce
3 lbs. of rib beef or pork

Boil ribs in pot of water till almost done. Then mix jelly with barbeque sauce. And then spread to glaze ribs. Bake in oven at 250° and baste often with the glaze, about 1 ½ hours on low heat.

GLAZED ROAST LAMB

Jan Russell

1 leg lamb
4 T. red currant jelly
1 T. orange juice
1 tsp. grated orange rind
¼ tsp. rosemary
¼ tsp. tarragon
2 T. oil

Place leg of lamb in baking dish with oil. Combine remaining ingredients, mix well, brush well over meat. Bake at 350° allowing 25 minutes per pound. Brush with glaze frequently during cooking.

SWEDISH MEATBALLS

Deanna Willey

1/2 lb. hamburger
1 pkg. Lipton onion soup mix, 1/2 in meatballs
1/2 pt. (8-oz.) sour cream, 1/2 in meatballs
1 1/2 c. bread, crumbled
1/2 T. nutmeg
1/4 tsp. allspice
Garlic & onion (opt.)
1 egg

Make balls, roll in flour and brown in butter. Add 1 can cream of mushroom soup; 1/2 of sour cream and soup mix and 1 can of water. Simmer on low heat for 15-20 minutes. Serve over noodles, if desired.

HOT CHICKEN WINGS

Julie Metzger

1 stick butter, softened
1 stick margarine, softened
Accent, 10 shakes
Onion salt, 10 shakes
Celery salt, 13 shakes
Cayenne pepper (red), 13 shakes
Salt, 10 shakes
Garlic powder, 8 shakes
Lemon juice, 1 to 2 T.
Durkee's hot sauce, to taste

Deep fry desired amount of chicken wings, which have been cut and separated. Mix all the above ingredients, except lemon juice and hot sauce earlier to allow to harden in refrigerator. Mix small amount of butter sauce, lemon juice and hot sauce in a sealable container. Place chicken wings in container immediately after each batch is removed, seal and shake, making sure each is covered with sauce. Empty and continue with as many batches as desired. Nice snack or appetizer. Use Marie's bleu cheese dressing as dip. 1/4

SHRIMP DE JONGHE (Microwave)

Pat Leta

1/2 c. margarine or butter
4 cloves garlic, sliced
1/2 c. sherry wine
1 T. snipped or dried parsley
1 tsp. salt
1 tsp. chopped chives
1/4 tsp. tarragon leaves, dried
1/4 tsp. instant minced onion
Dash ground nutmeg
Dash dried thyme leaves
3/4 c. dry bread crumbs
2 lbs. raw shrimp, shelled & deveined

Combine butter and garlic in 1 1/2-quart casserole dish and microwave on high until garlic is browned (4-5 minutes). Remove and discard garlic. Stir in sherry, parsley, salt, chives, tarragon, onion, nutmeg and thyme. Remove 1/4 cup of seasoned butter, stir into bread crumbs. Mix shrimp into remaining butter until coated. Microwave at medium high (70%) for 5 minutes. Sprinkle with bread crumbs. Microwave at medium high until shrimp is pink and opaque 1-4 minutes - let stand 2 minutes. Approximately 4 servings.

ORANGE CHICKEN

Elaine Gretzula

1 chicken (cut-up)
2 beaten eggs
1/3 c. orange juice
1 c. cracker crumbs
1 tsp. salt
1 tsp. paprika
1 tsp. orange peel
6 T. butter

Dip chicken pieces in mixture of eggs and orange juice, then in mixture of crumbs, salt, paprika, and orange peel. Melt butter in large baking pan in oven. Remove pan from oven. Turn coated chicken in butter to coat, arrange skin side down in pan. Bake at 400° for 1/2 hour. Turn chicken and bake for another 1/2 hour.

GRANDMA'S CHICKEN

Anna Gretzula

2 or 3 chicken breasts (boned, skinned & halved)
1 lg. onion (chopped fine)
1 stick butter
Salt to taste
Pepper to taste

Melt butter in large frying pan. Sprinkle in onion. Salt both sides of chicken and place on top of onion. Sprinkle paprika on chicken, turn and sprinkle other side. Cover and simmer about an hour or until very tender.

SHOEMAKER'S CHICKEN

Pamela A. Hall

4 boneless chicken thighs
4 T. olive or vegetable oil
2 T. butter or margarine
1 tsp. minced garlic
1 T. lemon juice
1/2 c. dry white wine
1 T. parsley
1/2 tsp. rosemary
Dash hot pepper flakes

Cut thighs into 8 equal pieces. Season with salt and pepper. Heat oil and butter in large skillet; brown chicken over medium heat until tender (about 12 minutes) turning often. Add garlic, lemon juice and wine; boil, stirring for 5 minutes. Stir in parsley, rosemary, and hot peppers. Serve over noodles.

SOUPS SALADS & VEGETABLES

SOUPS
SALADS
& VEGETABLES

RICE OREGANO

Joanne Schade Boyce

1 c. uncooked rice
1 can beef broth
1/2 can water
1 tsp. oregano
Juice of 1/2 lemon
1 tsp. salt
1/3 stick butter

Put into baking dish with cover and cook for 1 hour at 350°.

CHEDDAR CHEESE SOUP

Susan Hubis

1 lb. sharp cheddar cheese (grated)
1/2 bacon, diced
1 T. butter
1 c. carrots, chopped
1 c. onions, chopped
1 c. celery, chopped
3/4 c. green pepper, chopped
3 c. chicken stock
1 1/2 c. beer
3 1/2 c. milk
2/3 c. flour
1/2 c. heavy cream
Salt & pepper to taste

Saute bacon in butter until crisp and brown. Remove bacon and drain. Reserve. Add vegetables to bacon drippings and cook, stirring occasionally, until onion is transparent. Add vegetables to soup pot with stock and beer. Heat to boiling and simmer until vegetables are tender. Scald milk over medium heat. Combine cheese and flour in plastic bag, toss to combine. When milk is hot, add cheese/flour mixture. Cook and stir until cheese melts and mixture thickens. Add to soup pot with cream. Season to taste with salt and pepper. Heat to serving temperature and garnish with bacon. Serves 6-8.

LENTIL SOUP WITH SAUSAGE

Pamela A. Hall

1 pkg. 12-oz. dry lentils
1 bay leaf
2 T. olive oil
2 qt. water
1 env. onion soup mix
1 c. chopped celery
1 c. diced carrots
2 minced garlic cloves
1/4 tsp. pepper
1/2 lb. sliced ring sausage
1/4 c. sherry

In large stock pot combine lentils, water, onion soup, bay leaf, celery, garlic, peppers and oil. Heat to boiling; simmer covered for 1 hour. Stir in sausage and sherry. Simmer until sausage is done. Season with salt. Makes 6 1/2-cup servings.

YAMS & APPLES

Barbara Andress

6 med. yams
5 cooking apples
1 c. sugar
3 T. cornstarch
Juice of 1/2 lemon
2 c. water
1 tsp. salt
1/4 lb. butter or margarine

Boil yams slowly until partially done; cool and peel. Dice yams and apples alternately into a buttered pan, beginning with apples. Combine and cook remaining ingredients until thickened. Pour sauce over apples and yams. Bake at 350° for 1 hour.

SWEET POTATOES

Judy Malone

3 c. cooked, mashed sweet potatoes
1 c. sugar
1/2 tsp. salt
2 eggs
1/3 stick melted margarine
1/2 c. milk
1 tsp. vanilla

Combine all ingredients and pour into greased baking dish. Sprinkle topping.

Topping:

1/3 c. brown sugar
1/3 c. flour
1/3 c. chopped pecans
1/3 stick melted margarine

Bake 35 minutes at 350°.

RANCHO STYLE BAKED BEANS

Sue Willsher

1 lg. can pork 'n beans
2 sm. cans kidney beans
1 med. onion
1 lg. green pepper
1 c. catsup
1 T. mustard
1 tsp. vinegar
1/4 c. Crisco oil
1 lb. ground beef

Brown onion (chopped fine) in oil, drain. Add ground beef and brown. Drain. Mix in oven ware dish: beans, green pepper (diced), catsup, mustard, vinegar. When well mixed add ground beef and onions to mixture and bake at 350° for 30 minutes.

SWEET POTATO DELIGHT

Pamela A. Hall

4 c. mashed cooked sweet potatoes
1/4 c. brown sugar
1/4 c. butter (room temperature)
1 tsp. vanilla
2 beaten eggs (room temperature)
1/3 c. milk

Combine ingredients and place in casserole dish. Top with: 3/4 cups brown sugar, 1/2 cup flour, 1/3 cup butter, 1 cup pecans (chopped). Sprinkle over potatoes and bake 25 minutes at 350°. Serves 6.

BROCCOLI CASSEROLE

Beverly Otto

1 pkg. broccoli
1 egg
1/2 c. mayonnaise
1 can of mushroom soup
1 c. grated cheese
1/2 c. bread crumbs
1 sm. can mushrooms

Mix egg, mayonnaise, soup, mushrooms and cheese. Add drained steamed broccoli. Top with bread crumbs. Bake at 350° for 20-25 minutes. *For a slightly different flavor, substitute asparagus where broccoli is used.

CORN PUDDING

Beverly Otto

1 can corn (drained)
1 egg
1/2 c. milk
1/2 c. sugar
2-3 T. butter (melted)
1 1/2 T. flour

Combine all ingredients in bowl. Place bowl in pan of water 2-3 inches deep. Bake at 350° for 50-60 minutes until knife stuck in middle comes out clean.

SQUASH CASSEROLE

Beverly Otto

2 lbs. squash (sliced)
1 c. (8 oz.) sour cream
1 can cream of mushroom soup
1 stick margarine
1 box Stove Top pork stuffing

Boil squash until tender then cool. Melt butter in pan, add stuffing and seasoning to butter. After squash has cooled, add cream of mushroom soup and sour cream (mixed together). Sprinkle half of stuffing on bottom of pan, add squash mixture to cover stuffing. Sprinkle remaining stuffing to top of casserole. Bake 20 minutes at 350°

ORANGE JELLO SALAD

Qmz Hoyer
For Lois Hoyer

6-oz. can frozen orange juice
1 c. sugar
3-oz. pkg. orange Jello
6 T. cornstarch
12 oz. water
1 sm. can mandarin oranges
1 can chunky pineapple
3 bananas, sliced
1 lg. can fruit cocktail
1 c. juice (from all fruits)
6 oz. grapes
1/2 pt. whipping cream

Mix orange juice, water, sugar, Jello, and fruit juice with cornstarch in double boiler. Heat until sauce is thick. Cool 4 hours or overnight in refrigerator. Whip cream; add sauce and mix well. Mix in all fruit and stir well.

DOROTHY LYNCH DRESSING

Adell A. Woodson

1 c. sugar
1 c. oil
1 can tomato soup
1 tsp. mustard (dry or liquid)
1/4 tsp. pepper
1 tsp. salt
1 tsp. celery seed
1/3 c. vinegar

Mix all together. Put in a jar and refrigerate. 1/8 teaspoon of garlic powder may be added if desired.

STRAWBERRY DELIGHT SALAD

Jenny Mitchell

1/4 c. confectioners' sugar
1/4 lb. butter
2 lg. eggs, slightly beaten
1 c. nuts, chopped
1 10-oz. pkg. frozen strawberries
1 c. whipped cream

Cream sugar and butter together; blend in eggs. Add nuts and strawberries. Fold in whipped cream, chill. May be frozen for later use. Makes 6 servings.

FROZEN PINK SALAD

Krista Davis

1 8-oz. cream cheese
2 T. mayonnaise
2 T. sugar
1 c. whole cranberry sauce
1 c. crushed pineapple
1/2 c. chopped pecan
1 c. whipped cream or Cool Whip

Soften cream cheese, add mayonnaise and sugar, blend well. Add pineapple, cranberries and nuts. Last... fold in whipped cream. Freeze. Keeps well in freezer.

SUPER SALAD

Susan Hubis

1 head lettuce
1 lg. clove garlic (chopped & soaked in lemon juice)
2 carrots, sliced
1 tsp. celery salt
2 green onions, sliced
1/2 c. green peppers, sliced
1/3 c. cheddar cheese, shredded
1/2 c. pecans, toasted
1 T. soy sauce
1 tsp. lemon juice
1/4 tsp. pepper
2 heaping T. sour cream
2 heaping T. mayonnaise
1/4 c. Parmesan cheese

Tear lettuce in a bowl, add garlic with lemon juice, carrots, celery salt, onions, pepper, cheddar cheese and pecans. Sprinkle with soy sauce and lemon juice. Add pepper. Top with sour cream and mayonnaise. Sprinkle Parmesan cheese over all and toss and serve. Serves 4.

APRICOT SALAD

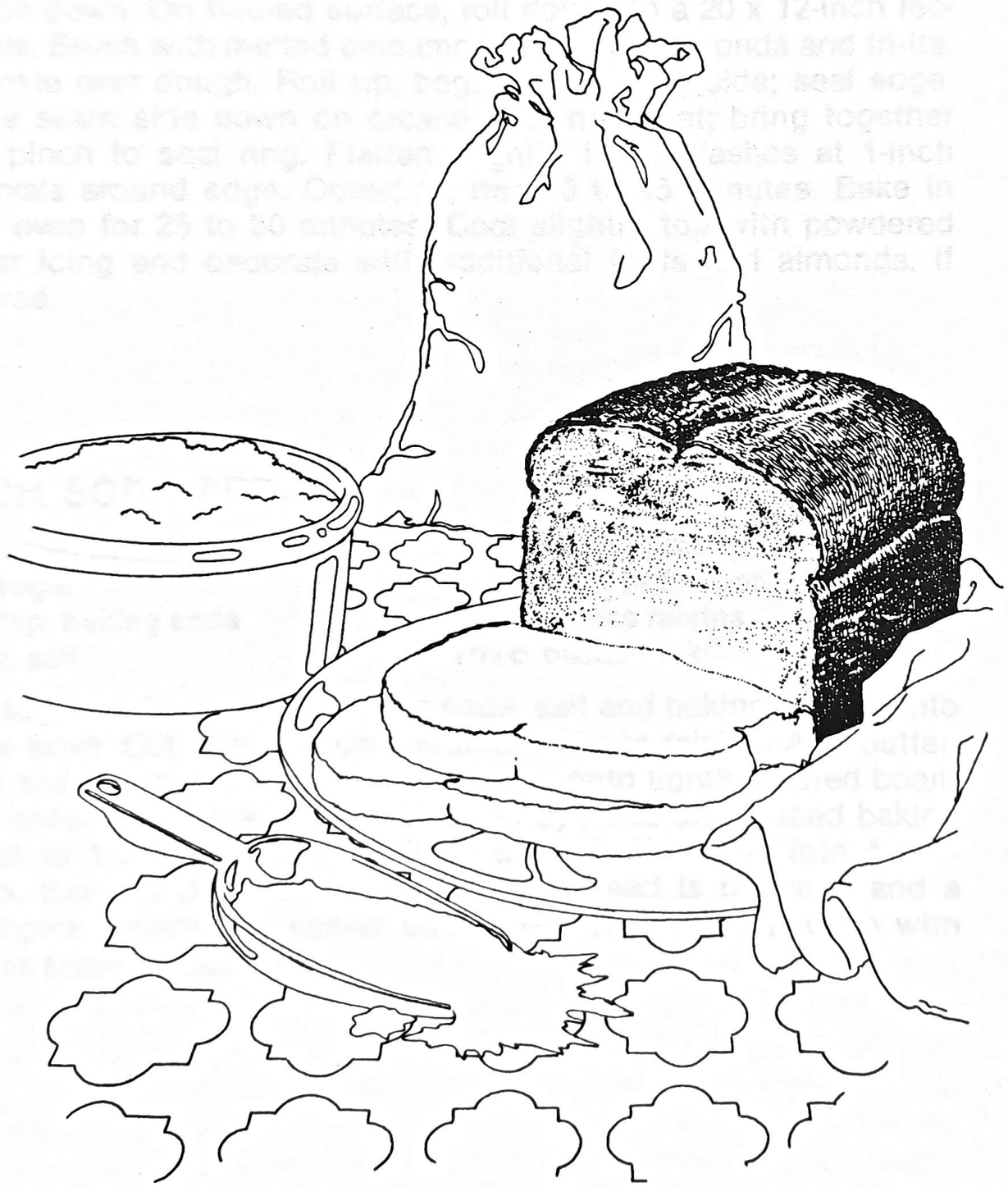
Jodi Quattro

1 lg. pkg. apricot Jello
2 c. boiling water
8 oz. cream cheese
1 can fruit cocktail
Walnuts (opt.)

Dissolve Jello in boiling water. Press cream cheese in Jello with fork then blend well with mixer. Add fruit cocktail, undrained, and sprinkle with walnuts.

Recipe Favorites

BREADS & ROLLS



SOUPS, SALADS & VEGETABLES

BREADS
& ROLLS

BREADS & ROLLS

CINNAMON NUT BREAD

Susan Hubis

3-3 1/2 c. flour
1 pkg. active dry yeast
2/3 c. milk
6 T. butter
1/3 c. sugar
1 tsp. salt
2 eggs
2 T. butter (melted)
2 T. sugar
1/2 tsp. ground cinnamon
1/2 c. chopped almonds
1/2 c. chopped mixed candied fruits

In large mixer bowl combine 1 1/2 cups of flour and the yeast. Heat milk, the 6 tablespoons butter, the 1/3 cup sugar and salt till warm. Add to dry mixture in bowl; add eggs. Beat at low speed 1/2 minute. Beat 3 minutes at high. Stir in enough of the remaining flour to make a moderately soft dough. Knead dough on floured surface 8-10 minutes. Place in greased bowl. Cover; let rise 1-1 1/2 hours. Punch down. On floured surface, roll dough to a 20 x 12-inch rectangle. Brush with melted cinnamon, toss with almonds and fruits. Sprinkle over dough. Roll up, beginning at long side; seal edge. Place seam side down on greased baking sheet; bring together and pinch to seal ring. Flatten slightly. Make slashes at 1-inch intervals around edge. Cover; let rise 30 to 45 minutes. Bake in 375° oven for 25 to 30 minutes. Cool slightly, top with powdered sugar icing and decorate with additional fruits and almonds, if desired.

IRISH SODA BREAD

Patrice Bork

4 c. sifted flour
1 T. sugar
1 1/2 tsp. baking soda
1 tsp. salt
1 tsp. baking powder
1/4 c. butter or margarine
1 c. seedless raisins
1 1/2 c. butter milk

Sift together flour, sugar, baking soda, salt and baking powder into large bowl. Cut in butter until crumbly. Stir in raisins. Add buttermilk and stir to make a soft dough. Turn onto lightly floured board and knead to form a smooth ball. Pat by hand on greased baking sheet to 1 1/4-inch thickness. With sharp knife score into 4 sections. Bake at 350° for 1 hour or until bread is browned and a toothpick inserted in center comes out clean. Serve warm with butter. Makes 1 loaf.

CORN BREAD

Jewel Woodson

¾ c. cornmeal
½ c. flour
1 tsp. salt
¾ tsp. baking soda
1 tsp. baking powder (heaping)
1 egg
1 c. buttermilk
1 T. oil

Heat oven to 450°. Grease 9-inch pie pan and place in oven and let it heat while you mix bread. Mix in order given. Bake about 15 minutes or until brown.

BANANA BREAD

Adell A. Woodson

1 c. sugar
½ c. shortening
2 c. flour
1 tsp. soda
1 T. boiling water
3 mashed bananas
2 eggs
½ c. nutmeats
¼ tsp. salt

Cream shortening and sugar add water and soda. Beat in remaining ingredients. Bake at 350°. Small pans 40 minutes, large pans 1 hour.

PUMPKIN BREAD

Nancy Gilly

3 c. sugar
1 c. oil
4 eggs
1½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
⅔ c. water
2 c. pumpkin
3⅓ c. flour
2 tsp. soda

Cream sugar and oil. Add egg and mix. Mix the rest, stir until no lumps! Bake at 350° in greased and floured pan for 60 minutes.

ICEBOX ROLLS

Cara French

½ c. sugar
½ c. Crisco
1 egg
2 tsp. salt
2 c. warm water
6 c. flour
1 pkg. yeast (¼ oz. pkg.)

Dissolve yeast in ½ cup warm water and ½ tablespoon sugar. Cream sugar and Crisco. Add salt and egg, stir in yeast then add flour and warm water alternately. Place on floured surface and knead. Pan out, let raise. Bake at 400° until brown.

JALAPENO MUFFINS

Yolanda Rodriguez

1 c. yellow cornmeal
1 c. flour
2 T. sugar
4 tsp. baking powder
1 jalapeno, finely chopped
1/4 tsp. salt
1 c. milk
1/4 c. shortening
1 egg
1/2 tsp. jalapeno juice

Heat oven to 425°. Grease bottom of 12 medium muffin cups. Blend all ingredients except jalapeno and juice, about 20 seconds. Beat one minute, fold in chopped jalapeno and juice. Bake until done, about 20 minutes.

BEER BREAD

Deldra Carusa

3 c. self-rising flour
3 T. sugar
1 12-oz. beer (room temperature)

Stir all together and put in greased loaf pan. Pour 4 tablespoons melted oleo over dough before baking. Bake at 375° for 50 minutes. **Note:** Do not use light beer and beer must be warm.

ZUCCHINI BREAD

Deanna Willey

3 eggs
2 c. grated zucchini
1 c. oil
1 T. vanilla
1 tsp. salt
1 tsp. baking soda
1 T. cinnamon
1/4 tsp. baking powder
2 c. sugar
1/2 c. chopped nuts
2 c. flour

Blend first three ingredients in blender until zucchini is mashed well. Mix all ingredients together, adding flour last. Pour in greased-waxed papered or greased-floured pan (bread loaf pan). Bake in oven for 50 to 60 minutes at 350°.

6 WEEK BRAN MUFFINS

Deanna Willey

2 1/2 c. sugar
5 c. flour
3 tsp. baking powder
5 tsp. baking soda
2 tsp. salt
1 tsp. cinnamon
1 15-oz. box Raisin Bran
4 eggs
1 c. oil
1 qt. buttermilk

Mix together dry ingredients, add eggs, oil and buttermilk; mix all ingredients together. Fill muffin cups 2/3 full and bake at 375° for 20-25 minutes. Can be kept in covered container for up to 6 weeks.

PRETZELS

Nancy Barnum

1 pkg. dry yeast
1/2 c. warm water
1 egg
1/4 c. honey
1 tsp. salt
1/4 c. margarine, softened
1 c. milk
5 c. flour
Coarse salt

Measure 1/2 cup warm water into bowl. Sprinkle yeast on the water and stir until it dissolves. Separate the egg yolk and white. Keep the white in a small bowl. Mix the egg yolk, honey, margarine, and milk into the yeast. Add salt and enough flour to make a stiff, easy to handle dough. Knead dough on a floured surface for 5 minutes. Let it rise (covered) about 1 hour. Roll out and cut into 1-inch wide strips. Fold each in half and roll into a rope. Shape into pretzel shape. Place on a cookie sheet. Beat 1 tablespoon water into egg white and brush over the pretzels. Sprinkle with coarse salt. Bake at 425° until golden brown (about 15-20 minutes). For added taste treat add a small amount of Italian seasoning, onion or garlic powder according to your family's taste.

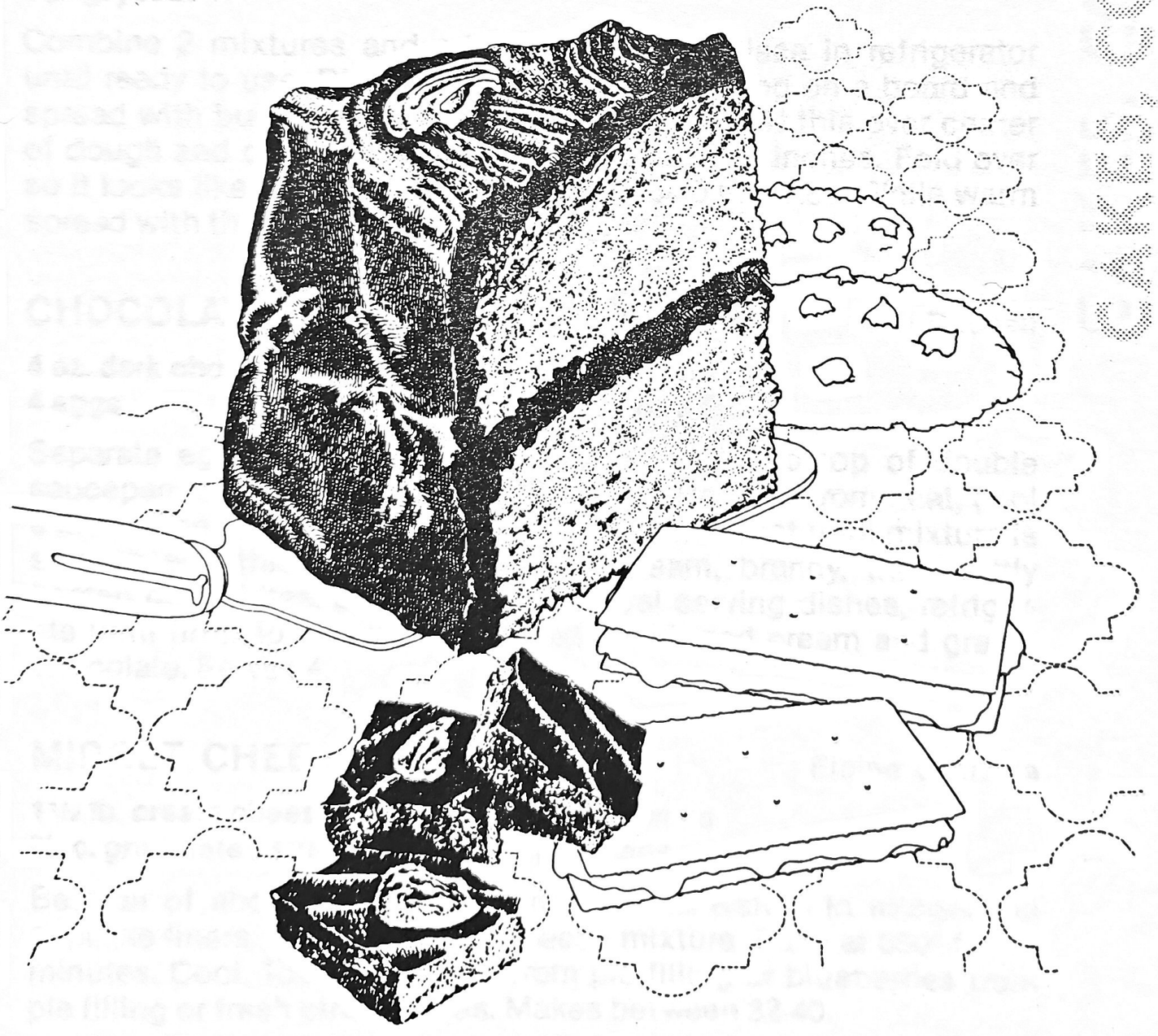
PUMPKIN BREAD

Pat Leta

3 1/2 c. plain flour
3 c. white sugar
3 tsp. baking soda
1 1/2 tsp. salt
2 tsp. pumpkin pie spice
2 c. pumpkin
1 c. cooking oil
4 eggs
2/3 c. water

Mix dry ingredients; in separate bowl mix all wet ingredients. Combine the two mixtures and mix well. Bake in greased and floured pans for 1 hour, 15 minutes at 350°. Nuts and/or raisins may be added before baking.

CAKES, COOKIES & CANDY



CAKES, COOKIES & CANDY

DESSERTS

Joanne Schade Boyce

Ducan Hines yellow cake
2 c. flour
2/3 c. sugar
1/2 lb. butter
1 tsp. vanilla
2 tsp. cinnamon

Mix yellow cake as directed on box. Place in oblong pan and bake at 350° for 20 minutes. Remove and place topping. **Topping:** Add flour, sugar, butter, vanilla and cinnamon together and place on cake. Bake 10 more minutes.

DANISH COFFEE CAKE

Adell Woodson

Mix & Cool:

1/2 c. boiling water
1/2 c. Crisco
1/4 c. sugar
1 tsp. salt

Mix:

1/2 c. lukewarm water
1 pkg. yeast
1 beaten egg

Combine 2 mixtures and add 3 cups flour. Place in refrigerator until ready to use. Divide dough and roll out long on a board and spread with butter and any favorite filling. Spread this over center of dough and cut in on each side about every 2 inches. Fold over so it looks like a braid. Bake at 375° for 25-30 minutes. While warm spread with thin powdered sugar icing.

CHOCOLATE MOUSSE

Jan Russell

4 oz. dark chocolate
4 eggs
1 1/4 c. cream
1 T. brandy

Separate eggs. Chop chocolate roughly, put into top of double saucepan; stir over hot water until melted. Remove from heat, cool a little, then blend in egg yolks one at a time. Beat until mixture is smooth and thick. Fold in whipped cream, brandy, then softly beaten egg whites. Spoon into individual serving dishes, refrigerate until firm. To serve, top with extra whipped cream and grated chocolate. Serves 4.

MIDGET CHEESE CAKE

Elaine Gretzula

1 1/2 lb. cream cheese (softened)
2/3 c. granulated sugar
1 tsp. vanilla
3 lg. eggs

Beat all of above till creamy. Place vanilla wafers in midget foil cupcake liners. Fill to top with cheese mixture. Bake at 350° for 15 minutes. Cool. Top with cherry from pie filling or blueberries from pie filling or fresh strawberries. Makes between 32-40.

CHOCOLATE CHEESECAKE

Julie Metzger

1 c. flour
¼ lb. melted margarine
1 c. chopped pecans
1½ c. Cool Whip
1 c. powdered sugar
1 8-oz. cream cheese
1 sm. instant chocolate pudding
1 sm. instant vanilla pudding
3 c. cold milk

To make crust layer: Mix flour, melted margarine, and pecans. Spread in 9 x 13-inch pan and bake 350° for 15-20 minutes. Let cool. Whip Cool Whip, powdered sugar, and cream cheese (softened). Spread on first layer. Mix chocolate pudding, vanilla pudding and milk. Spread on second layer. Top entire cake with Cool Whip and sprinkle with chocolate shavings.

PIG TICKLING CAKE

Nancy Gilly

1 box Duncan Hines butter cake mix
4 eggs
½ c. oil
1 sm. can mandarin oranges with juice

Mix well. Bake at 325° for 15 minutes in 3 or 4 cake pans, greased and floured.

ICING FOR TICKLING CAKE

Nancy Gilly

1 9-oz. ctn. Cool Whip
1 box sm. instant vanilla pudding
20-oz. can crushed pineapple with juice

Mix pudding and pineapple with mixer, fold in Cool Whip. Ice layers top and sides. Cover and let sit in refrigerator for 3 days and serve.

CARROT CAKE

Pamela A. Hall

2 c. sugar
2 c. plain flour
1½ c. oil
4 eggs
2 tsp. soda
2½ tsp. cinnamon
1 tsp. salt
1 tsp. vanilla
3 c. grated carrots

Preheat oven at 325°. Mix all ingredients well. Bake at 325° for 35 minutes. Makes 1 13 x 9-inch or 1 9-inch double layer cake.

CREAM CHEESE FROSTING (For Carrot Cake)

Pamela A. Hall

1 8-oz. pkg. cream cheese
1 stick butter (room temperature)
1 box confectionary sugar
1 tsp. vanilla
1 c. chopped nuts (if desired)

Cream together; if too stiff add a few drops of milk to thin. Cool cake and frost. Garnish with walnuts.

NEVER FAIL FROSTING

Yolanda Rodriguez

2 T. water
4 1/2 T. white sugar
1 tsp. vanilla
3 c. powdered sugar
1 egg
2/3 c. shortening

Combine 2 tablespoons water with 4 1/2 tablespoons white sugar, boil hard one minute. Have 3 cups powdered sugar sifted in a bowl, drop in one whole egg, one teaspoon vanilla and the 2/3 cup shortening. Pour hot mixture into bowl with other ingredients and beat several minutes. Let stand until ready to spread on cake.

CREAM CHEESE FROSTING

Frances Metzger

1 8-oz. pkg. cream cheese
1/2 c. margarine
1 tsp. vanilla
1 box powdered sugar

Cream together cream cheese and margarine. Stir in vanilla. Beat in powdered sugar. Frost on cooled cake.

POPCORN CAKE

Yolanda Rodriguez

12 c. popped corn
1 c. peanuts (or other nuts)
1/2 c. M & M's
1/2 c. margarine
30 marshmallows

Melt butter and marshmallows together. Mix well and pour over popped corn. Add peanuts and M & M's and pack into angel food pan (greased). Chill for several hours, unmold, slice like cake.

CHOCOLATE BROWNIE CAKE

Deldra Carusa

4 T. cocoa
1 c. water
2 c. cubes butter
2 c. sugar
2 c. flour
1 tsp. soda
1 tsp. cinnamon
2 eggs
1 tsp. vanilla
1/3 c. buttermilk
1 cube butter
5 T. buttermilk
4 T. cocoa
1 box powdered sugar
1 tsp. vanilla
1 c. nuts (opt.)

Heat first 3 ingredients (remove from heat). Add next 7 ingredients, put in greased cookie sheet. Bake at 400° for 10-15 minutes. Melt next 3 ingredients, remove from heat, then add remaining ingredients. Pour frosting over hot cake.

SNICKERDOODLES

Phyllis Mitchell

Mix thoroughly:

1 c. soft shortening (part butter)
1 1/2 c. sugar
2 eggs

Sift together and stir in:

2 3/4 c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
1/4 tsp. salt

Roll into balls the size of small walnuts. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet. Bake until lightly brown but still soft. Temperature: 400°. Time: 8-10 minutes. Amount: 5 dozen, 2 inch cookies.

BANANA MUFFINS

Jenny Mitchell

1/2 c. margarine (soft)
1 c. sugar
3 ripe bananas, mashed
2 eggs
1 1/4 c. flour
1/2 tsp. soda

Beat margarine and sugar until light and fluffy. Add eggs, stir in bananas. Add flour and soda. Stirring just enough to moisten dry ingredients. Fill muffin tin. Bake at 350° for 25 minutes. Makes 15 muffins.

DEEP DARK CHOCOLATE CAKE

Linda Daugherty

1 3/4 c. unsifted flour
2 c. sugar
3/4 c. cocoa
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. salt
2 eggs
1 c. milk
1/2 c. vegetable oil
2 tsp. vanilla
1 c. boiling water

Combine dry ingredients; add remaining ingredients, except water. Beat 2 minutes. Stir in boiling water. Bake at 350° (in layer pans) for 30-35 minutes.

CARAMEL CORN

Nancy Barnum

8 qts. popped corn
2 c. brown sugar
1/2 c. corn syrup
2 sticks (1 c.) margarine or butter
1/2 tsp. soda
1/4 tsp. cream of tartar
1/4 tsp. salt

Combine brown sugar, corn syrup, and margarine in pan. Heat to boiling. Boil for 5 minutes. Remove from heat and stir in soda, cream of tartar, and salt. Pour over popped corn and mix well. This recipe does well when divided in half.

PEANUT BUTTER BALLS

Linda Daugherty

1 lb. 10 x sugar
1 c. vanilla wafer crumbs
1 c. chopped nuts
1 c. smooth peanut butter
1 c. coconut
1 c. butter

Mix all ingredients and form into balls. Melt 1 12-ounce package chocolate chips and 3/4 bar parawax. With toothpick, dip and roll cookie balls in chocolate mixture. Cool on waxed paper. Refrigerate. These freeze well.

CRACKER JACKS

Deldra Carusa

10 c. warm popped corn
1 1/2 c. tavern nuts
1/2 c. margarine
1 c. finely packed brown sugar
1/4 c. dark syrup
1/4 tsp. salt
1/4 tsp. soda
1/2 tsp. vanilla

Mix together popped corn and peanuts in a very large bowl. Keep warm in oven. Melt margarine in a heavy 2-quart saucepan. Stir in brown sugar, corn syrup, and salt. Bring to a rolling boil, stirring constantly. Boil without stirring, 5 minutes. Remove from heat, stir in soda and vanilla. Quickly pour over popcorn mixture, tossing until well coated. Spread out in shallow baking pan. Bake at 250° for 45 minutes. Remove from oven. Turn out on aluminum foil to cool. Break into pieces. Store in tightly covered container. Makes 3 quarts. **Note:** Mixture burns easily when boiling so lower heat.

DIPPED BALLS

Nancy Gilly

2 c. Rice Krispies
2 c. peanut butter
1 lb. powdered sugar
1 stick oleo
2 tsp. vanilla

Mix with hands. Form into balls. Melt 6 ounces chocolate chips with large Hershey bar and 1/4 bar paraffin. Dip balls into mixture and set on waxed paper.

MARTHA WASHINGTON CANDY

Cindy Allison

1/2 lb. butter, melted
1 c. chopped pecans
1 c. flaked coconut
1 sm. jar maraschino cherries (chopped)
2 boxes powdered sugar
1 can (14-oz.) sweetened condensed milk
2 tsp. vanilla

Mix and refrigerate until firm enough to shape into balls. Keep shaped candy refrigerated until ready to dip into chocolate sauce. **Chocolate Sauce:** 6 ounces chocolate chips, 1/4 pound paraffin (sauce is of correct consistency when a drop on your finger will harden into a chocolate chip). Dip candy and keep refrigerated. Great for Christmas dessert or gift.

CHOCOLATE COOKIES

Nancy Barnum

1 pkg. 12-oz. chocolate chips
1 c. brown sugar
1/3 c. oil
2 eggs
1 tsp. vanilla
1 c. flour, sifted
1 tsp. baking powder
1/4 tsp. salt
1/2 c. chopped nuts
1/2 c. powdered sugar

Melt chips, combine sugar and oil and eggs, one at a time, beat well. Add vanilla. Combine flour, baking powder and salt. Add dry ingredients and mix. Add chocolate and nuts, mix well. Chill dough 1/2 hour. Preheat oven to 350°. Drop dough by teaspoonful into powdered sugar, roll until lightly covered. Bake on greased cookie sheet for 10 to 12 minutes. Let cookies cool one minute before removing from pan.

BUCKEYES

Nancy Barnum

1 c. peanut butter
3-3 1/2 c. powdered sugar
1/2 c. margarine
1 12-oz. pkg. chocolate chips
Paraffin wax

Soften margarine and peanut butter. Blend in powdered sugar until firm enough to roll into bite-sized balls. Dough will be crumbly. Form balls and place on waxed paper on cookie sheet. Set in freezer until firm. Melt chocolate chips and less than 1/2 cake of paraffin wax in double boiler or in microwave oven. Use a toothpick to dip balls into chocolate, leaving an open space around toothpick. Keep covered in a cool place.

MIRACLE WHIP CAKE

Frances Metzger

2 c. sugar
4 c. flour
8 T. cocoa
3 tsp. baking soda
1 tsp. baking powder
2 c. cold water
2 c. Miracle Whip
4 tsp. vanilla

Mix everything in order given. Bake at 350° for 35-40 minutes in 13 x 9-inch pan.

CHOCOLATE CHEESECAKE

Julie Metzger

1 c. flour
1/4 lb. melted margarine
1 c. chopped pecans
1 1/2 c. whipped dessert topping
3/4 c. powdered sugar
1 8-oz. pkg. cream cheese (softened)
1 lg. pkg. chocolate instant pudding
1 sm. pkg. vanilla instant pudding
4 c. cold milk

To make crust layer, mix flour, melted margarine and pecans. Spread in 9 x 13-inch pan and bake at 350°, 15-20 minutes (it won't brown). Let cool. Whip dessert topping, powdered sugar and cream cheese. Spread carefully over cooled crust. Mix chocolate pudding, vanilla pudding and milk. Spread on second layer. Top entire cake with dessert topping and sprinkle with chocolate shavings. Refrigerate.

COCA COLA CAKE

Julie Metzger

2 c. flour
2 c. sugar
2 sticks margarine
3 T. cocoa
1 c. Coke
1/2 c. buttermilk
2 eggs, beaten
1 tsp. soda
1 tsp. vanilla
1 1/2 c. min. marshmallows

Combine flour and sugar. Heat margarine, cocoa, and Coke until it boils. Pour on sugar and flour mixture, mixing well. Add milk, eggs, soda, vanilla, and marshmallows. Beat well. Pour into greased and floured pan. Bake 30-40 minutes at 350°. Ice while hot.

COCA COLA ICING

Julie Metzger

1 c. chopped pecans
3 T. cocoa
1 box powdered sugar
1/2 c. margarine
6 T. Coke

Combine margarine, Coke and cocoa and bring to a boil. Pour on sugar and beat well. Add nuts and spread on top of hot cake.

KOLACHIES (Nut Cookies)

Anna Gretzula

6 c. flour
Dash of salt
1 lb. butter
2 pkgs. yeast
6 egg yolks (save whites)
1 lg. can evaporated milk
2 tsp. vanilla

Filling:

1 lb. nuts, ground fine
4 egg whites, beaten stiff
1/2 c. granulated sugar

Sift flour and salt; add yeast and butter, work real well as for pie crust. Beat yolks, combine with milk and vanilla. Then add milk mixture to flour mixture and form 4 balls. Refrigerate about 24 hours. Roll each ball out on sugar. Cut into squares. Spread with mixture of ground nuts and egg whites. Roll up each cookie. Bake 15-20 minutes at 350° (if filling is hard to spread, add more stiff egg whites).

MIDGET CHEESE CAKE

Elaine Gretzula

1 1/2 lb. cream cheese (soft)
1 tsp. vanilla
2/3 c. granulated sugar
3 lg. eggs
Vanilla wafers
1 can cherry or blueberry pie filling or halved strawberries

Beat first 4 ingredients until creamy. Place vanilla wafers in bottom of midget foil cupcake liners on a cookie sheet. Fill to top of liner with cream cheese mixture. Bake at 350° for 15 minutes. Cool, top with a cherry or blueberries from cans of pie filling or a half of a strawberry.

DELICIOUS DROP COOKIES

Pat Leta

1 c. brown sugar
1/2 c. white sugar
2?3 c. shortening
2 eggs
1/2 c. sour milk or buttermilk
3 c. plain flour
1 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. nutmeg

Cream shortening with sugars. Add eggs and milk. Sift soda and spices with flour; add to mixture and stir. Drop by tablespoonfuls onto greased cookie sheet. Bake at 450° for 8-10 minutes. Frost with powdered sugar and milk frosting if desired. Good dunking cookies.

BAKED APPLES

Patrice Bork

Boil together 2 minutes:

1/2 c. sugar
1 c. water

Core 6 apples and pare the upper halves. Place in 12 x 7 1/2 x 2-inch baking dish. Pour the syrup around apples. Bake until soft, basting occasionally with syrup. Center cavity may be filled with chopped figs and almonds or orange marmalade or cut up dates and nuts. Serve warm or cold. Bake at 350° for 45-60 minutes.

FUNNEL CAKE

Jodi Quattro

1 egg, beaten
2/3 c. milk
1 1/4 c. flour
2 T. sugar
1 tsp. baking powder
1/4 tsp. salt

Beat milk with egg. Blend dry ingredients and gradually add the milk mixture. Beat constantly until smooth. Holding your finger over bottom of funnel, fill with batter. Drop in deep fat heated to 375°.

HOMEMADE CUPCAKES

Cindy Allison

2 3/4 c. flour
2 1/2 tsp. baking powder
1 tsp. salt
1/2 c. butter
1 3/4 c. sugar
1 1/2 tsp. vanilla
2 eggs
1 1/4 c. milk

Combine flour, baking powder and salt. Beat butter adding sugar and vanilla until well combined. Add eggs one at a time and beat 2 minutes after each. Add dry ingredients to butter mixture, add milk beat well. Line muffin pans with paper bake cups. Fill each cup half full. Bake at 375° for 18-20 minutes. Cool on a wire rack. Makes 24-30 cupcakes.

CHOCOLATE ICING FOR CUPCAKES

Cindy Allison

3 T. melted butter
2 T. cocoa
1 1/2 c. powdered sugar
2 T. milk
1 tsp. vanilla

Mix well, frost cupcakes and let set until firm.

HOLLY CANDY (Christmas)

Shauna Hamilton

Melt together 1 stick butter and 24 large marshmallows. Add 1/2 teaspoon vanilla, and about 1 1/2 teaspoon green food coloring. Pour over 2 1/3 cups cornflakes. Mix to coat. Drop by teaspoonful onto waxed paper. Add cinnamon candles for berries. Set overnight.

POPCORN CAKE

Shauna Hamilton

24 c. popped corn
1 cube butter
1 pkg. marshmallows
Food coloring, opt.
1 sm. can salted skinned peanuts
1 lg. bag M & M's

Melt 1 cube of butter, add marshmallows, food coloring may be added if desired. Mix popcorn and melted marshmallow mixture. Add peanuts and M & M's. Press into a greased angel food cake pan and let set several hours.

COCOA FUDGE CAKE

Shauna Hamilton

Mix:

1 2/3 c. flour
1 1/2 c. sugar
2/3 c. cocoa
1 1/2 tsp. baking soda
1 tsp. salt

Mix in:

1/2 c. shortening
1 1/2 c. buttermilk
1 tsp. vanilla
2 eggs

Preheat oven to 350°. Mix well, add eggs and mix. Pour into 13 x 9 1/2 x 2-inch pan. Bake 40-45 minutes.

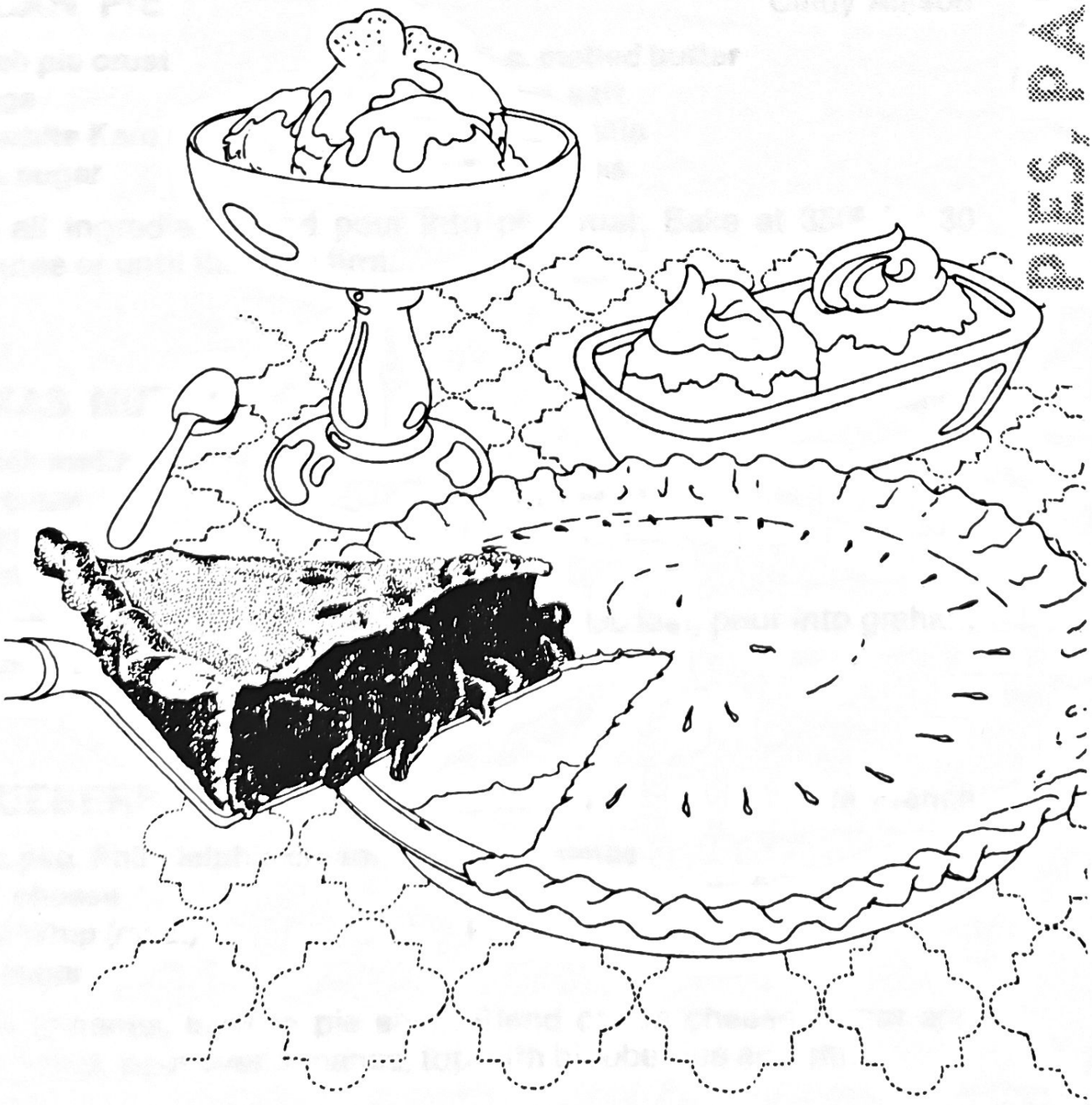
ICEBOX FRUIT CAKE

Nancy Gilly

2 1-lb. box graham crackers
1 box raisins (frozen)
1/2 lb. cherries (cup of maraschino
2 cans Eagle Brand milk
1 can or box coconut
1/2 lb. min. marshmallows

Mix dry ingredients. Pour in milk, small amount at a time. Mix until all ingredients are used. Pack tight, cover and keep in refrigerator till ready to eat.

PIES, PASTRY & DESSERTS



PIES, PASTRY & DESSERTS

BERRY YOGURT PIE

Beverly Otto

1 ctn. yogurt (any berry flavor)
1 8-oz. ctn. Cool Whip
1 ready made graham cracker crust

Combine yogurt and Cool Whip. Add to pie shell. Chill and serve.

5 MINUTE LEMON PIE

Beverly Otto

1 ready made graham cracker crust
1 8-oz. can frozen lemonade
1 can condensed milk
1 8-oz. Cool Whip
1 lemon

Mix: thawed lemonade, squeeze lemon for its juice into lemonade; add milk and Cool Whip. Mix ingredients pour into pie shell. Chill and serve.

PECAN PIE

Cindy Allison

9-inch pie crust
3 eggs
1 c. white Karo syrup
1/2 c. sugar
1/4 c. melted butter
1/4 tsp. salt
1 tsp. vanilla
1 c. pecans

Mix all ingredients and pour into pie crust. Bake at 350° for 30 minutes or until filling is firm.

TEXAS NUT PIE

Cara French

1 stick melted butter
1 c. sugar
2 eggs (separated)
1 T. vinegar
1/2 c. raisins
1/2 c. pecans
1/2 c. coconut

Mix all except egg whites. Mix in egg whites last, pour into graham cracker pie shell. Bake 325° for 40-45 minutes.

BLUEBERRY-BANANA CREAM PIE

Cara French

8-oz. pkg. Philadelphia cream cheese
Cool Whip (med.)
1 c. sugar
3-4 bananas
1 can blueberry pie filling
1 9-inch pie shell

Slice bananas, layer in pie shell. Blend cream cheese, sugar and Cool Whip, pour over bananas, top with blueberries and chill.

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MARSHMALLOW PIE

Qmz Hoyer

12 oz. orange juice
12 oz. pineapple juice
1 1/2 c. marshmallows
1 pt. whipped cream
2 9-inch graham cracker crumbs

Combine juices and marshmallows and heat until marshmallows melt. Do not boil. Take off heat and cool for 3-4 hours. Fold in whipped cream and pour into pie crust. Let chill in refrigerator for 1 to 2 hours.

PIE CRUST

Adell A. Woodson

2 c. flour
1 c. shortening
1/2 c. milk
Pinch of salt

Cut shortening into flour and salt; add milk and mix. Roll out on well floured surface. Makes 2 9-inch crusts.

Recipe Favorites

TABLE OF EQUIVALENTS

FOOD	QUANTITY	YIELD
apples	1 medium	1 cup sliced
bread crumbs	3 to 4 slices bread	1 cup dry crumbs
	1 slice bread	3/4 cups soft crumbs
cabbage	1 pound	4 cups shredded
cheese	1/4 pound	1 cup shredded
cherries	1 quart	2 cups pitted
crackers, graham	15	1 cup fine crumbs
crackers, soda	16	1 cup coarse crumbs
	22	1 cup fine crumbs
cranberries	1 pound	3 to 3 1/2 cups sauce
cream, whipping	1 cup	2 cups whipped
dried raisins, currants	1 pound	3 cups, seedless
dates	1 pound	2 1/2 cups, seeded
dry beans	1 cup	2 1/2 cups cooked
eggs	5 medium	1 cup
	8 medium egg whites	1 cup
	12 to 14 egg yolks	1 cup
flour	1 pound sifted	4 cups
lemon	1	2 to 3 tablespoons juice
macaroni, spaghetti, noodles	1/2 pound	4 cups cooked
nuts, peanuts	5 ounces	1 cup
pecans, chopped	4 1/4 ounces	1 cup
halves	3 3/4 ounces	1 cup
walnuts, chopped	4 1/2 ounces	1 cup
halves	3 1/2 ounces	1 cup
onion	1 medium	1/2 cup chopped
orange	1	1/3 to 1/2 cups cooked
rice	1 cup	3 1/2 cups cooked
rice, precooked	1 cup	2 cups cooked
sugar, brown	1 pound	2 1/4 cups firmly packed
confectioners'	1 pound	3 1/2 cups sifted
granulated	1 pound	2 1/4 cups

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TABLE OF SUBSTITUTIONS

Ingredients	Quantity	Substitution
baking powder	1 teaspoon double-acting	1 1/2 teaspoons phosphate or tartrate or 1/4 teaspoon baking soda plus 1/2 cup buttermilk or sour milk
butter	1 cup	1 cup margarine 7/8 to 1 cup hydrogenated fat plus 1/2 teaspoon salt 7/8 cup lard plus 1/2 teaspoon salt
chocolate	1 square unsweetened	3 tablespoons cocoa plus 1 tablespoon shortening
cream	1 cup coffee cream	3 tablespoons butter plus 7/8 cup milk
	1 cup heavy cream	1/3 cup butter plus 3/4 cup milk
eggs	1 whole egg	2 egg yolks
flour	1 tablespoon	1/2 tablespoon cornstarch or 2 teaspoons quick-cooking tapioca
flour (for thickening)	1 cup all purpose 1 cup cake flour 1 cup self-rising	1 cup plus 2 tablespoons cake flour 7/8 cup all purpose flour 1 cup flour, omit baking powder and salt
herbs	1 tablespoon fresh	1 teaspoon dried
honey	1 cup	1 to 1 1/4 cups sugar plus 1/4 cup liquid
milk	1 cup fresh whole	1 cup reconstituted nonfat dry milk plus 2 teaspoons butter
	1 cup whole milk	1/2 cup evaporated milk plus 1/2 cup water
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup
yeast	1 cake compressed	1 package or 2 teaspoons active dry yeast

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WEIGHTS & MEASUREMENTS

A few grains, pinch, dash, etc. (dry)	=	less than 1/8 teaspoon
A dash (liquid)	=	a few drops
3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts (liquid)	=	1 gallon
8 quarts (dry)	=	1 peck
4 pecks (dry)	=	1 bushel
1 ounce	=	28 grams (about)
1 pound	=	454 grams (about)
1 kilogram	=	2 1/10 pounds (about)
1 liter	=	1 quart (about)
1 jigger	=	1 1/2 fluid ounces (3 tablespoons)
1 large jigger	=	2 fluid ounces (1/4 cup)

CONVERSION TO METRIC MEASUREMENTS

WHEN YOU KNOW	SYMBOL	MULTIPLY BY	TO FIND	SYMBOL
teaspoons	tsp	5	milliliters	ml
tablespoons	tbsp	15	milliliters	ml
fluid ounces	fl oz	30	milliliters	ml
cups	c	0.24	liters	l
pints	pt	0.47	liters	l
quarts	qt	0.95	liters	l
ounces	oz	28	grams	g
pounds	lb	0.45	kilograms	
Fahrenheit	°F	5/9 (after subtracting 32)	Celsius	C
inches	in	2.54	centimeters	cm
feet	ft	30.5	centimeters	cm

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VEGETABLE TIME TABLE

VEGETABLE	(Minutes) BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15- 35	60	
Beets, young with skins on	30	60	70 - 90
old	1 - 2 hours	1 - 2 hours	
Broccoli, flowerets	5 - 10		
stems	20 - 30		
Brussel Sprouts	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths 1/2 inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

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BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS - Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

BEANS, SNAP - Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES - Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSEL SPROUTS, AND CAULIFLOWER - Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE - Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS - Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS - In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS - Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS - Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

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TIME CHART FOR MEAT, POULTRY & FISH

TYPE OF MEAT	NO. OF SERVINGS	CUT
1 lb.	4	Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most Steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

MEAT AND POULTRY	TIME PER LB.	OVEN TEMPERATURE
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open. Broil the meat until the top side is well browned. Turn and broil second side until it it browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

TO STEW MEATS

Beef.....40 to 60 mins./lb. Veal.....25 mins./lb.
Lamb.....20 mins./lb. Chicken...20 mins./lb or more.

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CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange: texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses with blue or blue-green mold. Sometimes crumbly. Mild to sharp flavor. (Stilton is similar, but like a blue-veined Cheddar).	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or on crusts French or Italian bread.
Brick	Medium form, creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese - serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese, large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruit.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy, melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too!

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BAKING PERFECT BREADS

PROPORTIONS

Biscuits — To 1 cup flour use 1 1/4 teaspoons Baking Powder
Muffins — To 1 cup flour use 1 1/2 teaspoons Baking Powder
Popovers — To 1 cup flour use 1 1/4 teaspoons Baking Powder
Waffles — To 1 cup flour use 1 1/4 teaspoons Baking Powder
Cake with fat — To 1 cup flour use 1 teaspoon Baking Powder

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2 1/4 tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount 1/2 tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

PROPORTIONS FOR BATTERS AND DOUGH

Pour Batter - To 1 cup liquid use 1 cup flour
Drop Batter - To 1 cup liquid use 2 - 2 1/2 cups flour.
Soft Dough - To 1 cup liquid use 3 - 3 1/2 cups flour.
Stiff Dough - To 1 cup liquid use 4 cups flour.

HINTS FOR BAKING BREADS

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

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BUYING CANNED FOODS

SIZE OF CAN	SERVINGS	USES
6 ounces	4 to 6	Frozen concentrated juices
8 ounces	2	Fruits, vegetables, and specialties
No. 1	2 to 3	Condensed soups, some fruits, vegetables, meat and fish products, and specialties
12 ounces	4 to 5	Vacuum-packed corn
No. 300 (often called 1-pound can)	3 to 4	Pork and beans, baked beans, meat products, cranberry sauce, blueberries, and specialties
No. 303 (often called 16-17-ounce can)	3 to 4	Fruits, vegetables, meat products, and specialties
No. 2	4 to 5	Juices, fruits, vegetables, and specialties.
No. 2 1/2	6 to 7	Fruits, such as peaches, pears, plums, and fruit cocktail; and some vegetables, such as pumpkin, spinach, other greens, and tomatoes.
1 quart	5 to 8	Fruit and vegetable juices; whole chicken and fruits and vegetables for restaurant use
No. 10	35 to 50	Fruits and vegetables for retaurant use

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TEMPERATURE IN CANDY MAKING

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 - 234 degrees
Soft ball	234 - 238 degrees
Medium ball	238 - 244 degrees
Firm ball	244 - 248 degrees
Hard ball	248 - 254 degrees
Very hard ball	254 - 265 degrees
Light crack	265 - 285 degrees
Hard crack	290 - 300 degrees
Carmelized Sugar	310 - 338 degrees

Fudge, opera creams, penuche and cream candies	234 - 236 degrees, soft ball
Fondants (mints, etc.)	238 - 240 degrees, soft ball
Marshmallows	238 - 240 degrees, medium ball
Caramel mixtures	246 - 252 degrees, firm ball
Taffies	265 - 270 degrees, hard ball
Butterscotch	290 - 300 degrees, crack
Brittles	300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar — 238 - 242 degrees, soft ball or thread
2 egg whites to 1 c. sugar — 244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar — 254 - 260 degrees, firm ball or long thread

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TABLE OF CALORIES

BEVERAGES

Coffee, tea, any amount	0
Cocoa made with milk, 1 cup	200
Cider, 1 cup	125
Ginger ale, lemonade, 1 cup	100
Grape juice, 1 cup	170
Tomato juice, 1 cup	50
Beer, 12 ounces	170

BREADS AND CEREALS

Bread, whole-wheat or enriched, 1 slice	65
Muffin, sweet roll	100 to 165
Pancake (4-inch)	60
Waffle	215
Dry cereal, 1 cup	120 to 140
Rice, cooked, 1/2 cup	50
Wheat germ, 1 tablespoon	15
Oatmeal, cooked, 1/2 cup	75
Crackers, 2	15
Macaroni, cooked, 1 cup	200

DAIRY FOODS

Milk, whole, 1 cup	165
Skimmed, buttermilk, 1 cup	85
Dry skimmed, 1 tablespoon	30
Evaporated, unsweetened, 1 tablespoon	25
Condensed, sweetened, 1 tablespoon	75
Cream, light, 1 tablespoon	30
heavy, 1 tablespoon	50
Yogurt, 1 tablespoon	50
Cheese, cottage, 1 cup	170
Cheese, other, 1 ounce	100 to 200

MEATS, POULTRY, FISH AND EGGS

Beef, lamb, veal, lean to medium fat, no bones, cooked, 3 ounces	250
Pork, no bones, cooked, 3 ounces	300
Bacon, 1 slice	50
Frankfurter	125
Meat stew with vegetables, 1 cup	200
Poultry, no bones, cooked, 3 ounces	150
Creamed chicken, 1/2 cup	200
Fish, lean, cooked, 3 ounces	100
fat, cooked, 3 ounces	175
Shellfish, cooked, shelled, 4 ounces	100
Egg	75

SOUPS

Consomme, 1 cup	10
Cream soup, 1 cup	200

SALADS DRESSINGS, GRAVIES AND SAUCES

(1 tablespoon of each)

French dressing	100
Mayonnaise	100
Thin gravy	15
Thickened gravy	25
Cream sauce	25
Cheese sauce	35
Catsup; tomato sauce	25
Hollandaise	90
Butterscotch sauce	100
Chocolate sauce	45
Hard sauce	50

VEGETABLES

Beans and peas, dried, cooked, 1/2 cup	150
Celery, 1/2 cup diced	10
Corn, 1 ear (1/2 cup)	80
Lettuce, 2 large leaves	5
Lima beans, fresh, cooked, 1/2 cup	90
Mushrooms, cooked, 1/2 cup	15
Peas, fresh, 1/2 cup	50
Pepper, green	15
Potato, sweet, medium size	165
Potato, white, medium size	110
Radish	1
Others, cooked, 1/2 cup	30 to 50

FRUITS

(Canned fruits in syrup—double the calorie count).

Apple	60
Apricots, 3	50
Avocado, 1/4	140
Banana	90
Berries (except strawberries), 1 cup	80
Cherries, pitted, 1 cup	65
Dates, pitted, 1/2 cup	250
Fig, dried	50
Grapefruit, 1/2	75
Orange	70
Orange juice (1/2 cup)	60
Peach	50
Pear	100

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TABLE OF CALORIES

Pineapple, diced, 1 cup	75
canned, with juice, 2 slices	100
Prunes, unsweetened, 4	75
Raisins, dry, 1 tablespoon	25
Strawberries, 1 cup	50
Tomato, medium size (1/2 cup)	20

DESSERTS

Cake, angel, 2-inch wedge	110
Cupcake, iced, 1	160
Fruit cake, 1 ounce	105
Plain cake, 3 x 2 1/2 inches	180
Pound cake, 1 ounce	130
Sponge cake, 2-inch wedge	120
Gingerbread, 2-inch cube	180
Cookie, plain (3-inch)	110
Doughnut	135
Custard, 1/2 cup	150
Gelatine dessert (plain), 1/2 cup	75
Ice cream, 1/2 cup	150
Sherbet, 1/2 cup	120
Pie, 4-inch wedge of	
9-inch pie, 2-crust	325
1 crust	270

NUTS

Brazil nut	50
Filberts (hazelnuts), hickory nuts, shelled, 1/4 cup	250
Peanuts, almonds, shelled, 1/4 cup	200
Pecans, walnuts, shelled, 1/4 cup	160

CANDIES

Caramel	100
Chocolate cream	40
Fudge, plain, 1-inch cube	100
Marshmallow (large)	25
Nut brittle, 3-inch square	130

MISCELLANEOUS

Brewer's yeast, 1 tablespoon	20
Butter; margarine, 1 tablespoon	100
Cooking fats and salad oils, 1 tablespoon	115
Chocolate, unsweetened, 1 ounce	140
Olive	7
Peanut butter, 1 tablespoon	90
Sugar, syrups, jam, 1 tablespoon	90

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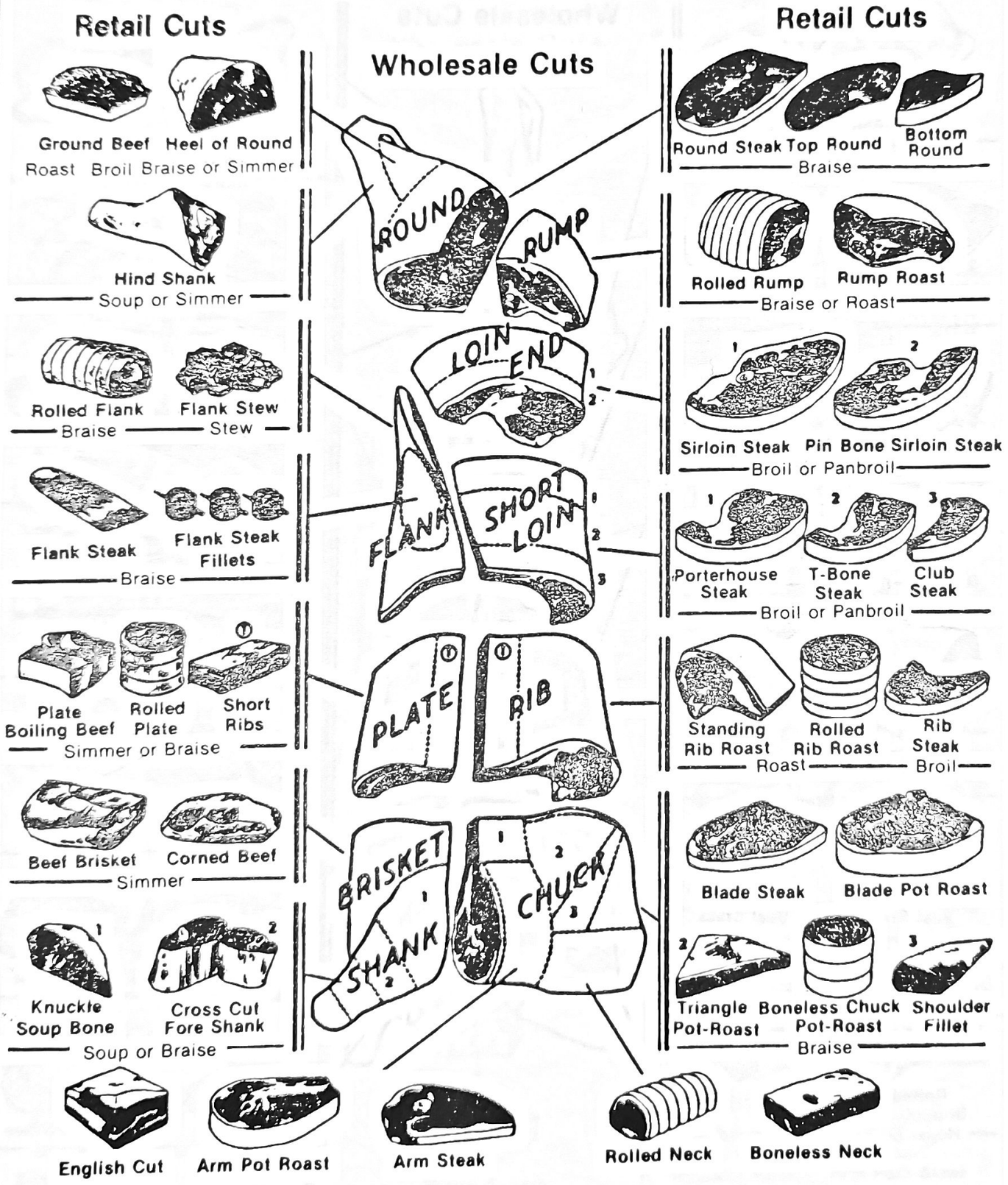
MEAT CUTS AND HOW TO COOK THEM

BEEF CHART



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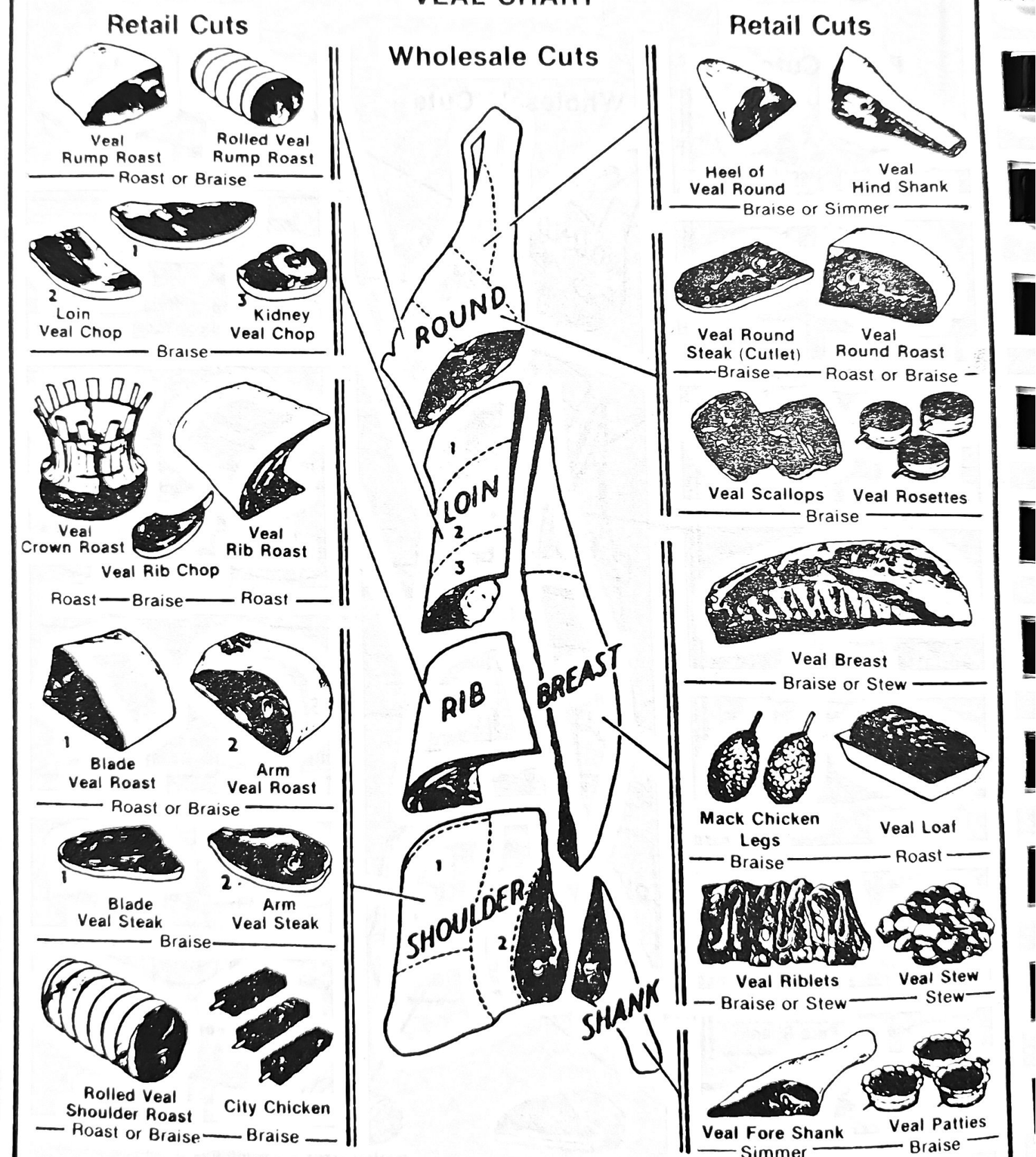
MEAT CUTS AND HOW TO COOK THEM

VEAL CHART



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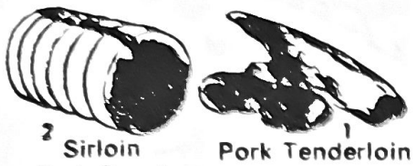
MEAT CUTS AND HOW TO COOK THEM

PORK CHART

Retail Cuts



2 Sirloin Pork Roast — Roast

1 Pork Tenderloin — Broil or Braise

2 to 5 Canadian Style Bacon

3 Loin Chop

-Broil-

4 Rib Pork Chop

4 Frenched Rib Chop

2 to 5 Butterfly Chop

Broil or Braise

1, 2 Loin Roast Ham End

3, 4 Loin Roast Center Cut

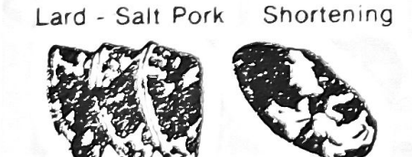
5 Loin Roast Shoulder End

4 Crown Pork Roast

Roast

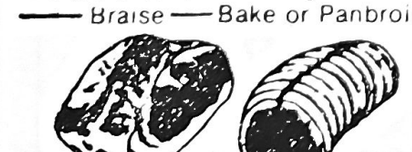
Fat Back — Lard - Salt Pork

Lard — Shortening



Blade Pork Steaks — Braise

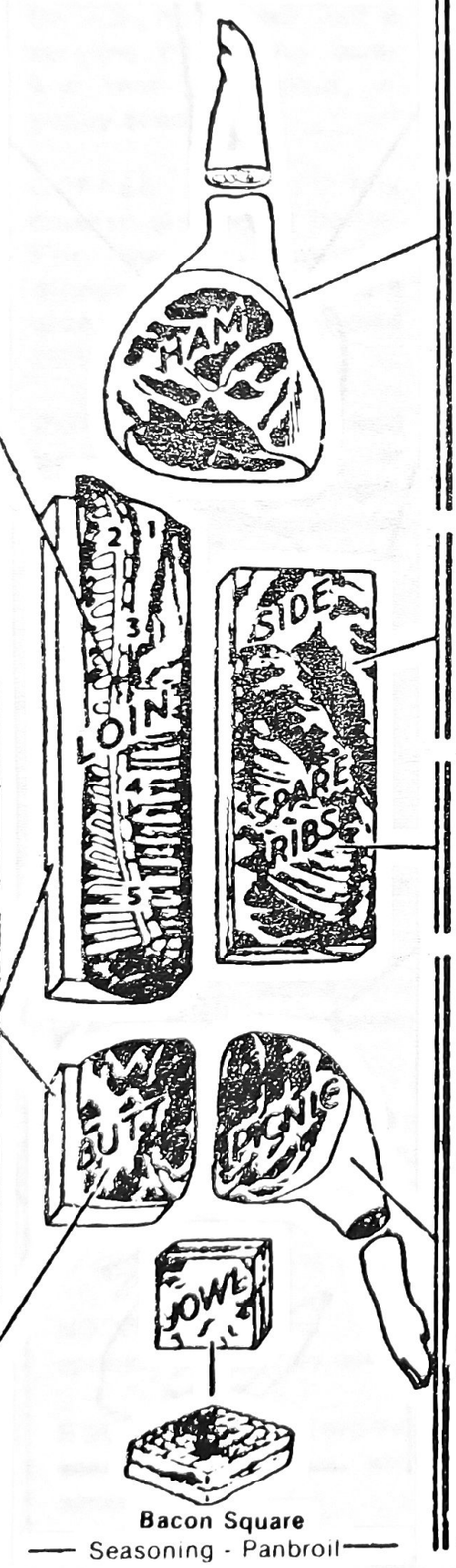
Smoked Cottage Roll — Bake or Panbroil



Boston Style Butt

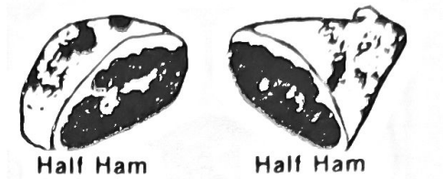
Rolled Boston Style Butt — Roast

Wholesale Cuts



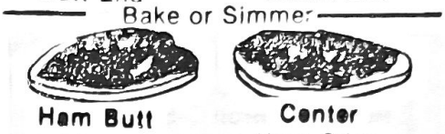
Bacon Square — Seasoning - Panbroil

Retail Cuts



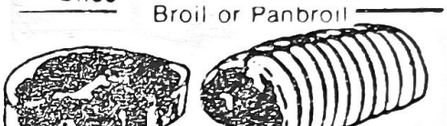
Half Ham Butt End

Half Ham Shank End — Bake or Simmer



Ham Butt Slice

Center Ham Slice — Broil or Panbroil



Fresh Ham Roast

Rolled Fresh Ham Roast — Roast

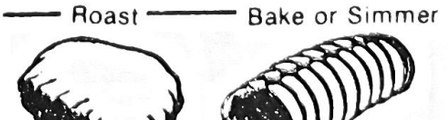
Bacon

Salt Pork — Broil - Panbroil or Seasoning

Spareribs — Simmer - Braise or Roast

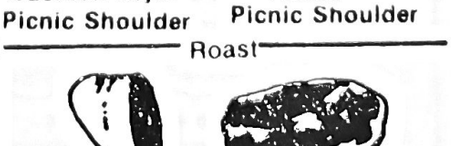
Fresh Picnic Shoulder — Roast

Smoked Picnic Shoulder — Bake or Simmer



Cushion Style Picnic Shoulder

Rolled Picnic Shoulder — Roast



Shoulder Hock — Simmer

Arm Pork Steak — Braise

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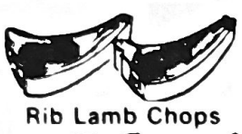
MEAT CUTS AND HOW TO COOK THEM

LAMB CHART

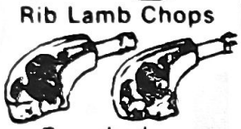
Retail Cuts

Leg of Lamb
(Three cuts from one leg)
Roast Broil Stew,Braise

Lamb Crown
Roast



Rib Lamb Chops



Frenched Rib Chops
Broil

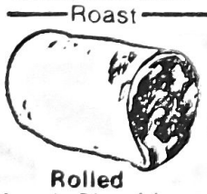
Square Cut Lamb Shoulder

Arm Lamb Chop
Broil

Blade Lamb Chop
Roast Broil

Cushion Lamb Shoulder
Roast

Saratoga Lamb Chops
Broil

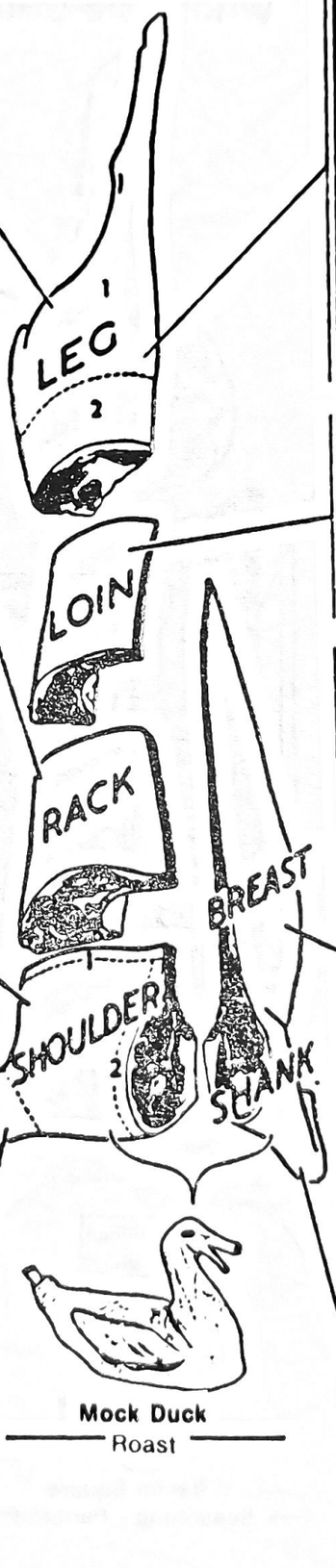


Rolled Lamb Shoulder
Roast

Boneless Shoulder Chops
Broil

Lamb Neck Slices
Braise

Wholesale Cuts

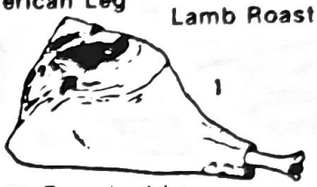


Mock Duck
Roast

Retail Cuts

American Leg

Sirloin Lamb Roast



Frenched Leg
Roast

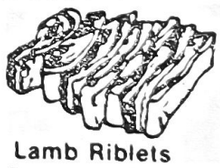
Loin Lamb Chop
Broil or Panbroil

English Lamb Chop

Rolled Loin of Lamb
Roast

Lamb Patties
Braise or Broil

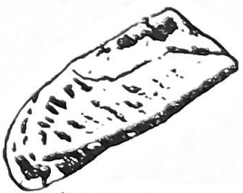
Lamb Loaf
Bake



Lamb Riblets
Braise or Stew

Lamb Stew
Stew

Rolled Breast



Lamb Breast
Roast or Braise

Lamb Shanks
Braise or Stew

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SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, ¼ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Appetizers, Soups

STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.

TOMATO COCKTAIL: Add 1/4 teaspoon dried basil per cup.

CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.

CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.

CONSOMME: Dash in basil, marjoram, savory, or tarragon.

MUSHROOM SOUP: Season with curry, oregano, or marjoram.

ONION SOUP: Add marjoram.

OYSTER STEW: Lightly add cayenne, mase, or marjoram.

POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.

SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, chili powder, or rosemary.

TOMATO SOUP: Dash in basil, dill, oregano, sage or tarragon.

VEGETABLE SOUP: Try allspice, oregano, sage, or thyme.

Breads, Pasta

BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.

BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.

COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.

CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventuresome, add 1/2 teaspoon rosemary to batter.

CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.

DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying roll in cinnamon sugar.

DUMPLINGS: Add thyme or parsley (fresh or flakes) to batter.

MUFFINS: Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.

NOODLES: Butter, then sprinkle with poppy seed.

ROLLS: Add caraway seed. Or, sprinkle with sesame seed.

SPAGHETTI: Toss with butter, Parmesan, and snipped chives.

Eggs, Cheese

BAKED EGGS: Sprinkle dash of thyme or paprika over the top.

CREAMED EGGS: Add mace.

DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.

OMELET: Try with dash of marjoram or rosemary (go easy!).

SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasoning near the end of cooking.

SOUFFLE: Add 1/4 teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.

CHEESE CASSEROLES: Spark with dash sage or marjoram.

CHEESE FONDUE: Try adding a dash of basil or nutmeg.

CHEESE RABBIT (rarebit): Try with mace or mustard.

CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.

CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted process cheese.

COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill anise, or cumin. Prepare several hours ahead of time.

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TEMPERATURE CHART

FOOD	TEMPERATURE	TIME [Minutes]
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40

CAKES

Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90

PIES

Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

COOKIES

Drop	10 - 15	250 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

BREADS

Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370

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TERMS & DEFINITIONS

Bake	To cook foods in the oven.
Baste	To brush or pour water, melted fat or other liquid over food.
Beat	To make a mixture smooth or to introduce air by using a brisk, regular motion that lifts the mixture over and over.
Beat Lightly	To beat lightly with a fork to mix. This process usually applies to just mixing the whites and or yolks of eggs.
Bind	To hold foods together with a sauce.
Blanch	To parboil in water for a minute, or to pour boiling water over food and then drain it almost immediately.
Blend	To thoroughly mix two or more ingredients.
Boil	To cook in boiling water.
Bread	To roll in crumbs. Often the food is dipped first into beaten egg and then rolled in the crumbs.
Brush	To brush food with melted fat or liquid to coat it.
Chop	To cut into pieces with a sharp knife.
Cream	To work one or more foods until mixture is soft and creamy or fluffy.
Cube	To cut into small equal squares.
Dice	To cut into cubes.
Disjoint	To cut poultry into pieces at the joints.
Dissolve	To completely mix dry ingredients with liquid until in solution.
Dot	To scatter small pieces of butter or other fat over food before cooking.
Dust	To sprinkle food lightly with a dry ingredient such as paprika.
Fillet	To cut a piece of meat or fish into desired shape, removing all bones.
Flake	To break into small pieces with a fork.
Fold	To combine by using two motions, cutting vertically through the mixture and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.
Garnish	To decorate foods, usually with other foods.
Grate	To cut food into minute particles by rubbing on a grater.
Grind	To cut food into tiny particles by running through a grinder.
Julienne	To cut food into match-thin strips.
Knead	To fold, turn and press down on dough with the hands until it becomes smooth and elastic.
Mince	To cut or chop into very small pieces.
Mix	To combine ingredients in any way that evenly distributes them.
Parboil	To partially cook food in boiling water before completely cooking in another way.
Pare	To cut off the outside covering.
Peel	To strip off the outside covering.
Scald	To heat milk to just below the boiling point.
Scallop	To bake food in layers with a sauce.
Shred	To cut finely with a knife or sharp instrument.
Sift	To put dry ingredients through sifter or sieve.
Sliver	To slice into long, thin strips.
Stew	To cook long and slow in a liquid.
Stir	To mix foods with a circular motion for the purpose of blending or securing uniform consistency.
Tear	To beat rapidly to produce expansion due to the incorporation of air as applied to cream, egg and gelatin dishes.

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BAKING PERFECT DESSERTS

FOR PERFECT COOKIES

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

FOR PERFECT PIES AND CAKES

A pie crust will be more easily made and better if all the ingredients are cool.

The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

Folding the top crust over the lower crust before crimping will keep the juices in the pie.

In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.

After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.

Cakes should not be frosted until thoroughly cool.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juices from running over in the oven and permit steam to escape.

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